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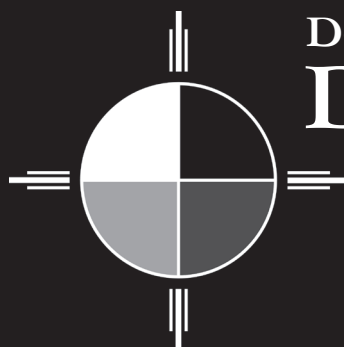
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## SEAVEY LOOP LAND GRAB

On Dec. 31 the city of Springfield suddenly announced a "visioning workshop" to determine the future of Lane County lands and citizens, to be held from 4 to 7 pm Jan. 14 at the Springfield Library. I have grave reservations about this process.

- The subject area is all outside the city of Springfield. It includes LCC and Lane County's largest park. These are all rural, unincorporated county lands. Springfield is an external power with no authority to direct visioning for this county territory and its residents. That is a violation of local governance and autonomy, which are the first principles of due process.

- The "invitation" was distributed on extremely short notice only via email and only to parties who have submitted comments regarding UGB expansion. A proper visioning process demands timely notification of stakeholders, which in this case means all county residents. There are well-established practices for stakeholder notification and for scheduling to accommodate stakeholders, starting with publication in newspapers of record. These practices were intentionally ignored, preventing stakeholder participation.

- Given the vast number of concerned stakeholders, the huge public investments to date and the importance of this area for the socioeconomic development of the Eugene-Springfield metro area, the proposed timeline of four sessions over

four weeks is insufficient to even begin any meaningful visioning or consensus building.

- The area of wide-ranging public concern is the east-west axis from Buford Park to LCC, that is, the park and green zone, the agricultural and residential Seavey Loop neighborhood and the section of 30th Avenue extending to LCC. The vision does not involve College View Road, which is a commercial street running north-south along I-5, or Goshen, located miles away.

- This meeting is not the start of a meaningful or democratic visioning process for the best future of Buford Park and the greater Seavey Loop area. It is an obvious ruse — a crude attempt by the city of Springfield to confuse the public, define the framework, dictate the agenda, whitewash citizen opposition and completely dominate the outcome. Springfield is acting on the false pretense it has some authority outside its jurisdiction over lands that will never become part of Springfield.

The faulty Springfield process should be abandoned immediately. In its place, a new process may be launched by the primary stakeholders and concerned civic groups in collaboration with Lane County. This restructured visioning process will benefit from the knowledge and experience of wide-ranging participants to build consensus and reach the best possible outcome.

You can also submit your comments to [mayor@springfield-or.gov](mailto:mayor@springfield-or.gov).

Charles Stewart  
Seavey Loop

## FAITHLESS SHELTERS?

Robert Simms' letter makes a strong case for faithless care for the homeless. It would be wonderful if the atheist clubs and groups in Lane County got together and came up with a system for emergency housing.

"Religious faith is a lazy person's excuse for not having to think" seems a bit subjective, but then so is the thinking of believers who do the volunteer work.

Having been homeless 40 years ago, I know that I'd have endured a sermon for a meal or roof. I'd have stood on my head, chanted almost anything anybody demanded! But that was then.

Where did the "15 percent" data of the homeless use of faith-connected resources come from? And what would happen if all the church-affiliated doors closed tonight? (It was 27 degrees Thursday night.)

Those who can't do, teach (or write letters?).

I say bravo, Robert, bring on the universal love, the agnostic, the atheist, etc. shelters!

Magi Hart  
Eugene

## WAR GOES ON AND ON

How can I describe the sadness that I felt during the holiday season, one that is

meant to be a season of hope? I joined the community where I live, led by a children's chorus, in singing with deep spirit, "Joy to the World," "Silent Night" and other carols. I almost felt the hope that memories of the birth and life of Jesus brought to the world.

Jesus brought a message of love, healing and courage to his community and to the world. He lived in simplicity, mostly out of doors, serving those in need, those who were rejected in his world, as best he could. The brutal Roman Empire dominated the region, and many wanted to rise up and forcibly overthrow it. But his was a message of courageous love, and he was willing to give up his life for it.

What a contrast memories of his life bring to the violence, the greed and, yes, the futility of our foreign and economic policies. President Obama has sent thousands of troops to "give instruction" to the armed forces in Iraq. Bombings and drone strikes ravage the countryside, creating suffering and hate. A willing and distracted U.S. public seems to be in complete support of sending trillions of dollars for this widening conflict and quite possibly many more years of war.

I long for a rising up of active compassion, of intelligent, imaginative, courageous devotion to nonviolent and planet-healing alternatives. I do see glimmers of that. I do.

Peg Morton  
Eugene

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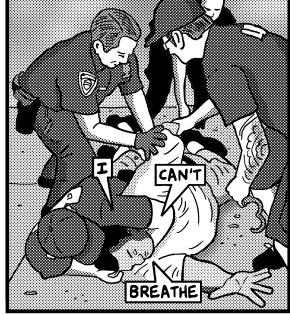
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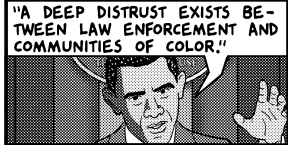


2. A MASSIVE PROTEST MOVEMENT EMERGES.



by TOM TOMORROW

3. POLITICIANS ACKNOWLEDGE THAT PROBLEMS EXIST.



"I HAVE HAD TO TALK TO DANTE FOR YEARS ABOUT...HOW TO TAKE SPECIAL CARE IN ANY ENCOUNTER HE HAS WITH THE POLICE."



4. LUNATIC KILLS TWO OFFICERS; POLITICIANS WHO ACKNOWLEDGED EXISTENCE OF PROBLEMS ARE BLAMED. MAYOR DE BLASIO HAS BLOOD ON HIS HANDS FOR HIS MILD CRITICISM OF POLICE TACTICS!



5. NYPD THROWS TEMPER TANTRUM. OFFICER BABY NOT LIKE YOU!



CONCLUSION: POLICE MUST ALWAYS RECEIVE UNQUESTIONING DEFERENCE, AND NEVER, EVER BE HELD ACCOUNTABLE FOR THEIR ACTIONS.



### LIMITED DREAMS

After reading "I Dream of Eugene" Dec. 31, I am totally disappointed by the *EW* staff's inability to include *one* professional African-American or Latino who dream of funding for Eugene's schools. The writers did include an African American hip-hop artist. Honestly — hip hop? You mean to tell me in all the fields of medicine, education, business, etc. you could not find *one* who lives in Eugene?

Where is the inclusion in this piece? If you don't know ... ask.

Edwin L. Coleman, II  
Emeritus professor of English

*Editor's Note: Latino and Native American community members did respond to our request for dreams, and we attempted to contact African-American students for the section on schools. However, we always need and welcome reminders that we should try harder and do more.*

### MORE MUSICAL DREAMS

What do I dream of for Eugene's music scene? [See our cover story last week.]

- Promoters to put on music before 9:30 pm and not put on the headliner at 11:15 pm.

- For the drinkers near the bar at Sam Bond's to shut up when the musicians play. Please.

Dave Tobin  
Eugene

### POOR INVESTMENT

I heartily second Deanna Kuhn's Dec. 31 letter regarding the many reasons why supporting Heifer International-type groups should be avoided at all costs. A very well researched article by Dawn Moncrief of "A Well-Fed World" was published a year ago, listing "10 Reasons To Say NO To Animal Gifting Hunger Relief Organizations." They are:

Most recipients are lactose intolerant and harmed by dairy, more farmed animals do not equate to less hunger, more farmed animals mean more mouths to feed, farmed animals do not just "live off the land," farmed animals use a great deal of water, experts disapprove of animal

gifting, animal gifting programs mislead the public, animal gifting organizations have questionable spending, animal gifting programs raise concerns from charity raters and there are better feeding programs and gift donation programs.

For in-depth explanations of these 10 reasons, please see [wkly.ws/1vn](http://wkly.ws/1vn).

Barb Lomow  
Eugene

### TRIVIALIZING RAPE

Will the "flagship University of Oregon" sweep the trivializing of rape by the football team under the rug ala the basketball team? Hoping *EW* will not let this slip by.

Rape (alleged or proven) is not funny, not something to joke about. Where are the high quality people they recruit to fill the fancy uniforms? Where is the discipline the coaches talk about? Where is the dignity and respect that you would expect from a top program?

Jon Rathack  
Eugene

### ONLY HALF BLESSED

Congratulations to Sally Sheklow for a wonderful, insightful holiday poem Dec. 24. Not only was the content "right on," but the meter was perfect as well. I hate it when a poem is supposed to have a certain meter and then doesn't (being an amateur poet myself).

I guess that I am only half-blessed being non-Jewish and queer! In any case, I'm having a great life and wishing you the same.

Jane Dods  
Eugene

### A BETTER EUGENE

I dream of a Eugene in which the ADA is a reality. Where people with disabilities are not barred from participation in everyday activities like going to see hawks at the raptor center, volunteering at Greenhill Humane Society or using the bathroom without having to go to a different floor than everyone else. Where buildings and business are accessible to

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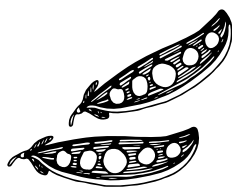
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## LETTERS

all and architectural barriers do not exist. Disabled accessible and affordable housing is available in every neighborhood and a recreation program that does not lock us into one rec center or ghettoize us away from the abled bodied.

I dream of a bus system that serves all disabled people, not just those in wheelchairs, and pays our medical bills when we get hurt. An LTD that includes seatbelts for the seats up front and child safety seats for all children who need them in cars, and secures walkers and rolling carts to the floor. A police department that enforces traffic and smoking ordinances rather than just hassling homeless people. Benches at all bus stops and a warm place to wait hours for buses that never seem to come on Sundays. An LTD that is responsible to the wishes of residents.

A city where businesses are ashamed to fly Confederate flags and where the white majority is ashamed to behave in racist ways when no persons of color are present; that supports the Equal Rights Amendment and sexual minorities and does not just give lip service to equality for all.

But I guess these are just pipe dreams because Eugene and Lane County are so filled with violations of human rights I doubt it will ever get better. The Ducks, football and the almighty dollar are so much more important.

*Marianna Cathryn Glenday  
Eugene*

### TIS THE SEASON

Trees on top of vehicles / Like slain deer / Cars moving stealthily on highways / Like cougars tracking their prey / Tis the season.

The whole scene falls short of what it's after: / Peace and serenity. / "Soft moonlit snowfall" / Is jarred by flashing neon figurines / Disproportionate expectations / Feelings of inadequacy / I sense the wounded around me.

Those for whom the cheer brings out painful memories / Those who are lost and lonely / Those who have barely enough to eat / Let alone jewels or treats for their children.

I enjoy the candles and quiet / Circumvent the excess / I remain connected to loved ones / And wait patiently for the calendar to turn.

*Lorri Goodman  
Eugene*

### POOCHES ON THE LOOSE

Echoing a letter that appeared in these pages a few weeks back, I am tired of the selfishness of Eugene's dog owners with regards to keeping their animals leashed. Just now, riding my bike home on Van Buren past Adams Elementary School, I heard barking and turned to see a dog charging after me into the street. Fortunately, I was already going fairly fast and was able to get away. That being said, the Friendly neighborhood is full of families. What if I had a child in a seat, or in a trailer? What was only a moment of panic for me could have resulted in serious injury for another cyclist or pedestrian. I

don't care how well behaved or friendly your dog is, keep it on a leash in public. It is selfish, rude and (as in cases like this) shows a lack of consideration for your pet's wellbeing, as well as that of others.

*Eric Devin  
Eugene*

### GRAND POETRY

Once again, Sally Sheklow's column Dec. 24 cut through cultural miasma with incisive commentary — and in such a joyful way! I appreciate learning what I cannot know from my own experience. Thank you!

Now, with apologies to you and Clement Clark Moore:

Sal, thanks again for your grand poetry / and reminder of straight Xmas effrontery / Whatever my friends' choice of holiday / and no matter if they are gay, straight or queer / I wholeheartedly wish them a "Happy New Year!"

*Robin Cushman  
Eugene*

### RADIATION ABOUNDS

We are bombarded by radio frequency (RF) /magnetic radiation supporting computers, iPads, cell phones, cell towers and locations that provide wi-fi to others. Electric wiring is also a source, as are radios and TVs. All these small doses accumulate over time.

Now, we learn that much larger doses in the form of "smart meters" (electric, gas and water) will be added to the mix! Each one will send signals through our homes and businesses that will also be receiving signals from each of our "smart" appliances. Your main meter may also be receiving signals from a dozen or more buildings in the area, passing them on to the collector nearby. In this way, it's possible that one household could experience 11,000 or more tiny bursts of radiation daily.

With a cell phone or computer I can decide how and when, or not to use them. The difference here is I cannot choose when or how often these meters will be sending radiation through me, my home or my surroundings! There is exhaustive evidence that even small doses of non-ionizing radiation will cause deformities of human DNA. What will accumulation of ever more doses do to us?

EWEB wants to use smart meters to save money by cutting jobs, at the expense of our health and the lawsuits that follow. Demand a moratorium on and public discussion of the health and financial risks of smart meters, now!

*Robin Bloomgarden  
Eugene*

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Eugene Weekly's Guide to Food & Restaurants





## ENVISION EUGENE SPRAWL PLANS GET PUBLIC REVIEW

Get ready to grow. Portland is focusing on infill to meet its growing population, but Eugene is looking to expand its city limits in the next few years. The sprawl is likely to happen despite the city's commitment to make Eugene more bike and pedestrian friendly.

Five years of community input and technical analysis have led to Envision Eugene expansion plans that appear to be favored by the city administration and the majority on the council, including Mayor Kitty Piercy.

But don't expect anti-sprawl advocates, or even some council members, to remain quiet when the proposals go public beginning next week. See times and places below.

Some infill elements are in the Envision Eugene plan, but expanding the urban growth boundary (UGB) for residential and industrial development is controversial since Eugene already has a low population density and hundreds of acres of undeveloped industrial land.

Expansion leads to more infrastructure, more vehicle miles traveled, more police and fire services, etc., and system development charges never cover the hidden costs, according to Eben Fodor of Eugene, author of *Better Not Bigger — How to Take Control of Urban Growth and Improve Your Community*. Fodor is concerned about plans to develop the LCC basin and its impact on traffic at 30th and Hilyard, which is already at capacity. City services will cost about \$45,000 per home, not counting transportation-related costs, he says.

Noted Portland urban planner and consultant John Fregonese says he has "observed Eugene my whole career and for a great town they are really underperforming — probably because of fear. The key to overcoming that is to start where there's consensus and move out as experience grows."

Fregonese says some UGB expansion is acceptable, but Portland has welcomed infill "quite a lot more" than Eugene,

in part because of Portland's inner-city decline in the late 1980s and '90s. "Infill has really transformed the city's prospects," he says.

Infill works when an area of a city is "going downhill," Fregonese says, or a city has "a great plan that doesn't rely on grandiose ideas or heavy subsidy," and "steady political leadership provides a stable hand and resists the 'prairie fire' mentality that we are all going to die if someone infills a three-story mixed use building."

Councilor Betty Taylor opposes expansion of the UGB and says the destruction of prime farmland for industry "is in direct contradiction of our avowed interest in food security and reduction of the carbon footprint," and "we could easily change the ratio of single-family to multi-family and eliminate the need" to expand housing land. She does favor UGB expansion for Santa Clara Park.

Councilor George Brown agrees, saying he's "very skeptical of the 'need' to expand the UGB for single-family housing. More disturbing is the push to cover up productive farmland with industrial plants north of Clear Lake Road. This area is comprised of mostly Class 1 and Class 2

soils, among the very best quality soils in the entire world," and they make our valley famous for its agricultural products. "When you pave them over with asphalt and concrete, they are gone forever, further diminishing our ability to achieve local food security."

Taylor adds that "while we may not be able to stop growth, we should not encourage growth. There is a limit to the capacity of the airshed, as well as the watershed, to sustain healthy conditions for human beings."

Envision Eugene recommendations will be presented at an open house from 4 to 6 pm Tuesday, Jan. 13, at the Atrium lobby, 99 W. 10th Ave., and at a public forum at 7:30 pm Tuesday, Jan. 20, at Harris Hall, 125 E. 8th Ave. The council is planning a work session on the topic Jan. 28 followed by more hearings, including before the Lane County Commission. See [envisioneugene.org](http://envisioneugene.org) regarding the proposals.

— Ted Taylor

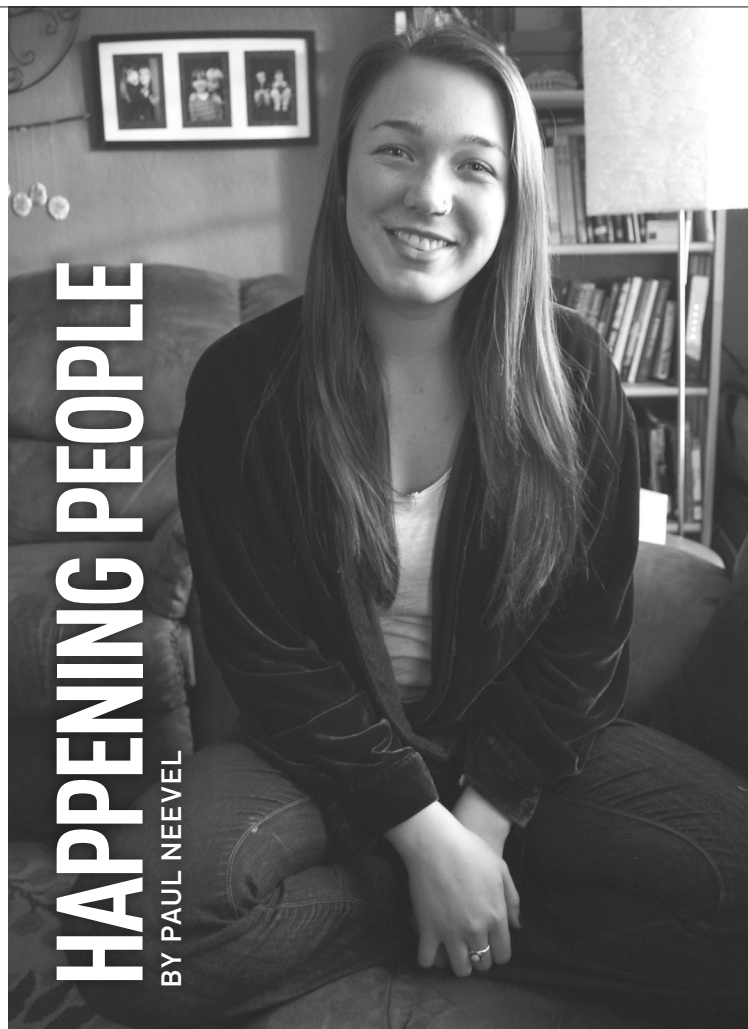
**'While we may not be able to stop growth, we should not encourage growth.'**

— COUNCILOR BETTY TAYLOR

### KELSEY JULIANA

"I was known as 'eco-girl,'" says Kelsey Juliana, recalling her K-8 years at the Village School in Eugene. "I ran down the hall, turning off lights, and went through the recycling bin to find usable stuff." The daughter of Catia Juliana and Tim Ingalsbee, who spurred on the Warner Creek timber sale protest, she was two months old when her parents got married at the protest site in May of 1996. "I grew up around adults who made it their life's work to protect these places," she says. At age 14, with the help of her mom, Juliana became a co-plaintiff in a lawsuit to require the state to develop a strict carbon emissions reduction plan. The suit was dismissed in Lane County Circuit Court, but reinstated in 2014 by the Oregon Court of Appeals. It will go to trial in March. Juliana took part in a week-long Sierra Club grassroots training camp after her freshman year at South Eugene, then returned as a trainer the following two summers. She was one of nine young climate activists nationwide to write and narrate a short documentary film, and she often speaks in local schools, at film festivals and rallies. After graduation in June of 2014, she joined the Great March for Climate Action. "I walked from Nebraska to D.C.," she says, "15 to 20 miles a day. We met a lot of mayors and a couple of governors." Juliana heads back east this month to begin environmental studies at Warren Wilson College in Asheville, North Carolina. Her short film and a long interview with Bill Moyers are easy to locate and view online.

Know anyone whose good work deserves attention in this space? Call the editor at 484-0519 or [editor@eugeneweekly.com](mailto:editor@eugeneweekly.com).



HAPPENING PEOPLE

BY PAUL NEEVEL



We hear the **dramatically lower gas prices** are good for local businesses. Transportation costs are down for everything that travels by car or truck, which improves profits now and maybe customers will benefit later. Car sales are up and more people are traveling. The downsides don't get much attention. High fuel prices helped alternative transportation enterprises grow and kept our focus on locally produced goods. Will we see bike businesses and local farmers take a hit, and less support for cycling and pedestrians? We expect urgent care and ER rooms to get more business. More drivers and more vehicles means more collisions and more cracked skulls. Be careful out there.

The new nonprofit **Rapid Access Center (RAC)** and Medical Clinic is having its grand opening from 4 to 6 pm Thursday, Jan. 15, at 195 W. 12th Ave. The facility offers same-day assessment and treatment for "those suffering from behavioral health issues" and provides immediate medical attention if needed, according to a statement from Willamette Family, Inc. which operates the facility and others in Lane County. Jon Smith is the senior program manager for the RAC. "If someone is motivated to get help and they have to wait, they might lose their drive," he says. "We're here to provide services immediately." For more information, call Willamette Family at 344-0031.

The Willamette Valley Sustainable Foods Alliance is planning its annual **"Fun with Fermentation"** Festival from 11 am to 4 pm Saturday, Jan. 10, at the Veterans Memorial Building at 16th and Willamette. A variety of local business will be there sampling products either made by their company or made with their ingredients. WVSFA members will be showcasing breads, beers, mead, cheese, teas and other locally produced products. The event has an educational focus centered on discovering the many ways that fermentation is used in making foods and the different types of locally produced fermented foods. Live demonstrations include sauerkraut, bread starters, mulled beer and miso. Vendors include 100 Mile Bakery, Agrarian Ales, Down to Earth Distributors, Independence Creamery, Herbal Junction, Hop Valley Brewing, McKenzie Mist, Mountain Rose Herbs, Nectar Creek Honey Wine, Singing Dog Vanilla, Take Root Magazine, Wandering Goat and more. Suggested donation of \$5 with two cans of food for FOOD For Lane County or \$10 without food donation, kids 12 and under free.

Tuesday, Jan. 13, is the deadline to register for the **gathering of local arts organizations** called "New Connections in the New Year." The event is from 5:30 to 7:30 pm Friday, Jan. 16, at the Oregon Supporting Living Program (OSLP) offices, 309 W. 4th Ave. Sponsored by Emerging Leaders in the Arts Network and the Arts and Business Alliance of Eugene. Space is limited. Email [director@artsbusinessalliance.org](mailto:director@artsbusinessalliance.org) or call 242-2364.

As we go to press this week, several local businesses are set to be recognized as finalists for the **Bold Steps Award** at the Mayor's State of the City address Jan. 7. They include Café Yumm!, Essex General Construction and Thermo Fisher Scientific. The award recognizes sustainable businesses and recognizes a partnership between the city of Eugene, Mayor Kitty Piercy and BRING's RE:think Program.

### POLLUTION UPDATE

Oregon Department of Environmental Quality (DEQ) recently followed up on the pre-enforcement notices it sent to **Jeanne M. Burris** and **Michael & Rosemary Cress** in November for illegal waste-tire storage at property owned by Burris at 29882 Kelso St. in Eugene [see EW 12/11, [goo.gl/uGo453](http://goo.gl/uGo453)]. DEQ sent Burris a civil penalty assessment in the amount of \$15,041 on Dec. 31, and sent Michael Cress a civil penalty assessment in the amount of \$19,755 the same day. Burris is the current owner of the property, while Michael Cress is a prior owner. It is against Oregon law to store 100 or more waste tires without the appropriate permit, and the Kelso Street property has an estimated 10,000 tires.



## INAUGURAL TRUFFLE DOG CHAMPIONSHIP WOOFs INTO LIFE THIS JANUARY

It may look like a Labradoodle, but the lagotto Romagnolo is actually an ancient dog breed, carefully selected and bred for its ability to sniff out truffles. Though rare, a handful of lagottos live in Eugene, and now they and other breeds have a chance to strut their stuff. For the first time ever, the Oregon Truffle Festival is holding The Joriad North American Truffle Dog Championship, a sporting event for dog lovers and truffle fans alike.

The Joriad, an event unique to the Oregon Truffle Festival, is named for Oregon's state soil, Jory, which provides favorable conditions in which truffles can grow. "It's a celebration of Oregon at its very roots," says Charles Lefevre, co-founder of the Oregon Truffle Festival, which is in its 10th year.

The competition will take place over two days, starting with qualifying trials open to nonprofessional truffle dogs of all breeds at the Oregon Horse Center. Dogs will sniff out truffle-scented targets, and the top 10 competitors will move on to the second day of the championship, when truffle dogs will scour the forests in a field trial.

PHOTO COURTESY: DAVID BARAJAS

In some ways, truffle dogs have helped boost the reputation of Oregon truffles, according to Lefevre. The festival promotes truffle dogs because they can only find truffles when they are ripe and releasing an aroma. This means that truffles found by dogs are in prime condition — the alternative method is raking the ground, which results in gathering both ripe and unripe truffles.

"The dogs' primary role is not to find the truffles, but to choose which truffles are ready to harvest," Lefevre says. "As a result of our using dogs, and chefs being impressed by the results, the price of Oregon truffles has gone from \$100 per pound to \$600 per pound for dog-hunted truffles over the life of the festival. Raked truffles bring in about \$200 per pound."

Any dog breed has the potential to become a truffle-hunting dog, Lefevre says, although some are better than others. The festival has long provided truffle-hunting classes for dogs, and Lefevre says that one year a pudgy miniature dachshund was the star performer. Lefevre's dog, a chocolate lagotto Romagnolo named Dante, learned to find truffles when he was only 10 weeks old by getting treats for sniffing out truffle oil-scented objects in Lefevre's backyard.

Lefevre says around 35 dogs will compete this year, and there's still time to register your greenhorn truffle dog at [oregontrufflefestival.com](http://oregontrufflefestival.com). The qualifying competition on Wednesday, Jan. 21, is open to the public at the Oregon Horse Center, 90751 Prairie Road; tickets are \$15 and can be purchased online or at the door. Limited tickets are available for The Joriad Awards Gala and Dinner on Jan. 22; see the festival's website for more information. — Amy Schneider

## SLANT

- We've **rant**ed against **sprawl** for decades and we will likely continue to do so *ad nauseam*. We are not against growth, per se. People have to live somewhere, and our population is growing for a number of reasons, mostly sex. But we see no reason to *encourage* growth (or sex) to line the pockets of land speculators and shoddy developers. As City Councilor Betty Taylor asks, "Who profits from these plans?" We'd rather see quality of life be our community priority instead of taxpayer-subsidized growth. Highly livable Portland has a much higher population density than Eugene, and yet we are preparing to expand our urban growth boundary once again, this time gobbling precious prime farmland. If we keep having sex, the fruits and vegetables of our loins will need that farmland.

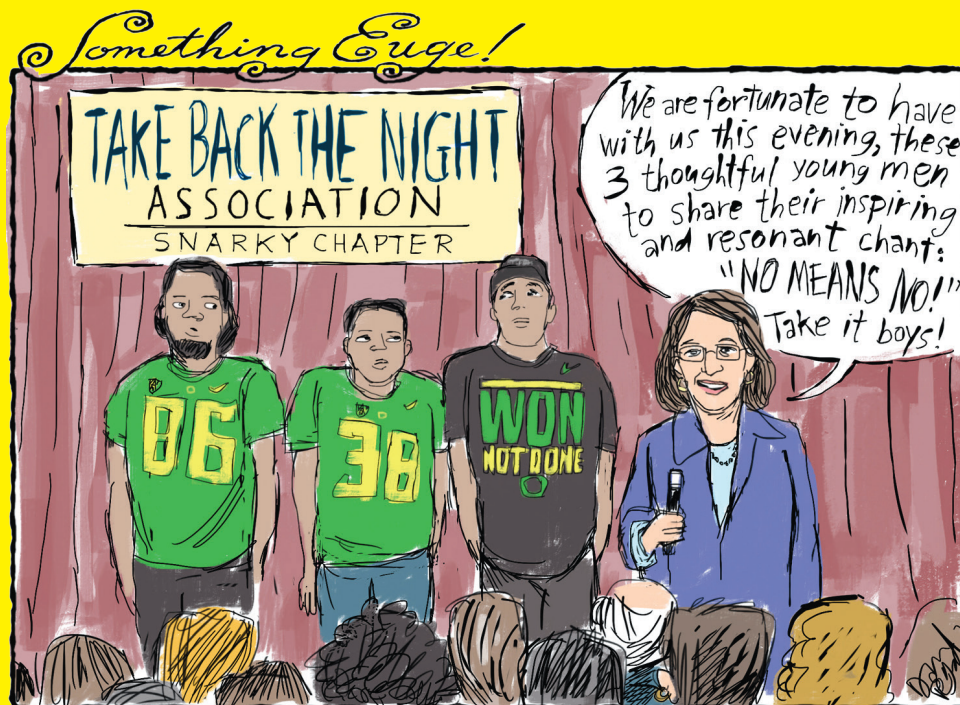
That grow-or-die mentality permeates UO as well. **Absurd Ducks sports extravagance** is often excused by saying it attracts more students. The lavish Erb Memorial Union renovation is intended to do the same, but add the \$50-million cost to student debt. A better way to recruit better students would be to offer exceptional academics at a reasonable cost.

- Silly **climate-change deniers** still get an audience in *The Register-Guard* letters section, preaching misinformation. We're reminded of letters that used to run in newspapers saying beating kids is a good idea. Spare the rod, etc. Or letters saying a woman's place is in the home. Time to move on to more useful discussions.

- Makes us proud to read **McKenzie Funk's** article "The

Wreck of the Kulluk," the cover story in the Jan. 4 *New York Times* magazine section. A nationally known environmental writer, Funk grew up in Eugene, graduating from South Eugene High School. He lays out, sometimes in excruciating detail, how Shell Oil tried to drill in the Beaufort Sea but lost out to incompetence, the hostile Arctic environment and the economics of oil. This is a cautionary tale for Oregonians facing the transport of oil, gas and coal across this state.

- **Some Duck fluff** left over from the Rose Bowl: Oregon's much-loved Marcus Mariota and New York's much-loved Mario Cuomo sharing photos on the front page of *The New York Times*. The language against sexual violence, "No Means No," haplessly sharing the scene after a great display of athletic violence. Some agreement with Cardale Jones, the Ohio State quarterback who tweeted: "Why should we have to go to class if we came here to play football, we ain't come to play school classes are pointless." A certain pleasure that Alabama lost, even with \$7 million-a-year Coach Nick Saban, whose alums recently bought him a \$3-million house. And a suggestion: If you like to drive and shop at a quiet time, try 5:30 pm Monday, Jan. 12, when the Ducks are playing Ohio State in Dallas for the national championship.





# LANE COUNTY SHERIFF'S OFFICE DONATES SURPLUS CLOTHING TO THE UNHOUSED

Late last summer, the images captured of police responding to the protests in Ferguson, Missouri, with red, laser-sighted assault rifles and hulking armored vehicles precipitated a congressional hearing to survey the federal programs that funnel surplus military equipment from the Defense Department to law enforcement departments around the country.

But on Dec. 30, the heads of the Lane County Sheriff's Office donated clothing acquired through a military surplus program — eight heavy, army-green jackets, 77 black fleece pants and a pair of boots were given to First Christian Church to pass on to Eugene's unhoused.

## The Lane County Sheriff's Office has received everything from rifles to five armored personnel carriers.

— SERGEANT CARRIE CARVER

"They're not just weapons and vehicles and the things that I think are highlighted when people traditionally talk about the LESO [Law Enforcement Support Office] 1033 program," says Sergeant Carrie Carver, public information officer for the Lane County Sheriff's Office (LCSO).

The Defense Department's 1033 program, started in 1997, has distributed \$5.1-billion worth of taxpayer-funded equipment to 8,000 law enforcement agencies around the U.S. and its territories. The LCSO has participated in the program for about 10 years, during which Lane County has received 1,070 items valued at more than \$2 million, according to records acquired by *The Oregonian*. This amount is more than any other sheriff's office in the state.

According to Carver, the LCSO has received everything from rifles to five armored personnel carriers (the kind used in Ferguson), which she says are used for "high-risk, drug-related warrant services, armed suicidal subjects, armed barricaded subjects, search and rescue missions and Dunes Patrol."

*The O* says LCSO also got "78 magazine cartridges, 34 rifles, 30 laser pointers, 12 spotlights, 10 pairs of waterproof pants, an explosive ordnance robot, an armored truck and scores of infrared illuminators — small beacons used to show 'friendlies' through night-vision optics."

The clothing donated on Dec. 30, however, has a much tamer application. "These nice warm weather jackets, they were perfect to get us through a time when we didn't have the money to purchase those jackets for our deputies," Carver says. "But we see cold weather in our community and people who are in need of warm weather clothing."

Some of the clothing was given to those at the Egan Warming Center, and some was distributed to those in need through First Christian Church's Helping Hand Ministry. Richard Murray, who heads up the Helping Hand Ministry, says that much of the clothing is now in use: "We still have one box of the overalls and some jackets left that we are holding to distribute through the Helping Hand Room next time the weather gets really cold again." — *Ben Stone*



## IT'S ABOUT TIME

BY DAVID WAGNER

**WHITE CROWNED SPARROW  
(ZONOTRICHIA LEUCOPHRYS)  
SEEN ON THE  
ANNUAL BIRD COUNT**

A year ago the eastside Delta Ponds had already frozen solid. Ice was an inch thick under seven inches of snow and thawed completely by the New Year. In February another snowfall was accompanied by a freezing rain the likes of which we hadn't seen for many years. It was hard on the birdwatchers and really hard on the birds. Hummingbird feeders froze.

What will it be like this winter? The Christmas Bird Count morning was sunny and beautiful. This year, high water in the river prevented seeing many of the usual waterfowl. The Delta Ponds were so deep from riverbank overflow that almost no dabbling ducks were seen.

The swelling buds on the willows, cottonwoods and osoberrys sing a song of glee in the plant world. White alder and cultivated filberts are already shedding pollen. Low groundwater levels from last summer's dry spell are being replenished. Willamette Valley is not likely to be in drought condition anytime soon. A rapid and vigorous spring flush depends on temperatures staying mostly above freezing. Seeing Oregon grape flowers open on Christmas indicates unusual bloom events are taking place.

The neighborhood birds seem to be thriving. Our circulating flock of little birds include both lesser and American goldfinches, pine siskins, black capped chickadees, juncoes, nuthatches and a solitary downy woodpecker. It's hard to say which I enjoy more: the exquisite Townsend's warblers or the elegant varied thrush. Having feeders clean and filled, and the fountain running, keeps them coming around.

*David Wagner is a botanist and artist working in Eugene. He has created the new "Oregon Nature Calendar and Coloring Book" which can be obtained at fernzenmosses.com.*

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• The Eugene **Police Commission** will meet at 5:30 pm Thursday, Jan. 8, at EPD Headquarters, 300 Country Club Road, Kilcullen Community Room. On the agenda is a closed circuit television proposal.

• **Church Women United** of Lane County will focus on “Activism for Christians” at its January forum from 9 to 11:15 am Friday, Jan. 9, at Church of the Brethren, 1027 Main St. in Springfield. Speakers will include the Rev. Melanie Oomen of the First Congregational Church. The meeting begins with fellowship and a continental breakfast with the speaker at 10 am, followed by discussion. See [cwulanecounty.org](http://cwulanecounty.org) for more information.

• **City Club of Eugene** will hear about “Honoring the Resiliency of American Indian Nations” at noon Friday, Jan. 9, at the Downtown Athletic Club, 999 Willamette. Speaker is anthropologist Jason Younker, Ph.D., of the UO. The following week, Jan. 16, will feature Oregon Speaker of the House Tina Kotek. \$5 for non-members. See [cityclubofeugene.org](http://cityclubofeugene.org).

• **Jennifer Freyd**, professor of psychology at the UO, will speak Saturday, Jan. 10, during the meeting of the American Association of University Women. In the last two decades, Freyd has researched and written extensively on sexual abuse and memory. Her talk about issues of sexual assault will be at 10:30 am at Westminster Presbyterian Church, 777 Coburg Road. The AAUW meeting will be at 9:30 am and is free and open to the public. Call 344-4572 for more information.

• A memorial service for **Mark W. Lewis** will be at 10 am Saturday, Jan. 10, at South Eugene High School Auditorium. Open to the public. A memorial is also being planned at Faerie Con in February [check Facebook notifications] and there may be another held in California in the spring. The Emmy Award-winning storyteller and UO instructor died unexpectedly Dec. 7.

# UO MEMO DETAILS PLAN TO QUASH UNION VOICE

“In the most elemental form, the faculty has traded its voice in internal government and management for the union’s voice, and the union’s only legal role involves terms and conditions of employment for bargaining unit members,” reads a May 2012 memo written by the University of Oregon’s then-legal counsel Randy Geller, calling to abolish the UO’s Faculty Senate and advisory committees that are a part of the university’s “shared governance.” In shared governance, a university’s faculty has a say in how the school is run.

The confidential memo surfaced, thanks to Prof. Bill Harbaugh’s UO Matters blog, as the university and the United Academics faculty union prepare for bargaining this spring. The memo from Geller to interim president Bob Berdahl and other administrators was written shortly after the union was authorized, and after a bill in Oregon’s Legislature reorganized the Oregon University System and allowed the UO to have its own board of trustees.

The 10-page memo suggested, among other things, that union members be kept off committees, such as intercollegiate athletics, campus planning, environment, LGBT concerns and student conduct and community standards.

When *EW* asked if any action had been taken on Geller’s suggestions, UO spokeswoman Julie Brown responded, “I’m confused by your questions. You’re talking about a dated advisory memo between people who don’t work here at all or don’t have the same administrative roles any longer.”

Brown says, “If you’re asking if the university has operated differently since 2012 in regard to the University Senate, it has not. That body is still an important part of campus governance and faculty are centrally involved.”

UO professor emeritus Frank Stahl, who has long been in-

involved with the Faculty Senate and shared governance, says, “This memo looks to me as though [Geller] has used unionization as an excuse for a broad attack on the governance rights (granted by the UO Charter) of the teaching faculty. His arguments look specious to me. I trust that the UO administration and/or the board do not take them seriously.”

UO Matters writes that “Geller’s proposal seems insane, but key parts of it have already been implemented,” pointing to “administrative advisory groups that Bob Berdahl and Mike Gottfredson set up to replace Senate committees,” such as the President’s Advisory Group on Intercollegiate Athletics and the Public Records Administrative Advisory Group.

The memo says, “The reality is that the role of the faculty, including bargaining unit members, has been significantly diminished, and we will not do nearly as much work by committee as we have done in the past, including via the Faculty Assembly or the University Senate.”

Using committees for decision making is an essential part of the UO’s shared governance, says Jane Cramer, a professor in political science and chair of the United Academics Diversity and Equity Committee. She says universities with their many stakeholders run better collectively, which “is nearly opposite of how good businesses are usually run, in efficient and top-down managerial style.”

Cramer says, “We know shared governance can work at a unionized university,” giving Rutgers University as an example. She adds that one reason many faculty voted to unionize was to strengthen shared governance and the Faculty Senate. “The Senate is broader than the union,” she says.

Cramer says, “We welcome that the UO had the enlightenment to get rid of” the sort of advice Geller was providing. Geller now works for Harrang Long Gary Rudnick, the law firm representing the Eugene School District 4J in a public records case against the R-G. — *Camilla Mortensen*

# CRIMINAL NEGLECT

*Animal neglect not criminal in Lane County?*

In mid-November, Darla Clark began getting frantic calls about Dani, a young Tennessee Walker horse in Lane County who was so emaciated that her spine and ribs protruded through her muddy black hair. Clark, who runs Strawberry Mountain Rescue and Rehab, says people who called Lane County Animal Services about the horse were told an officer couldn’t make it out until after the holidays.

Dani’s condition was so bad, Clark says, the mare didn’t have a week, let alone more than a month. Clark’s rescue took her on.

Clark does most of her work in Douglas County, where Strawberry Mountain is located, so Lane County’s animal control system was new to her. As she looked into Dani’s case, she was dismayed to discover that, despite positive changes in animal neglect and abuse cases at the state and federal level, cases in Lane County aren’t affected because these cases are handled as code violations rather than criminal cases. In Douglas County, Clark has been part of criminal neglect and abuse cases that have gone before the Oregon Supreme Court and won.

In recent years, agencies have cracked down on animal abuse and neglect — in many instances, early abuse of animals is seen as a precursor to violence against people. In fall 2014, the FBI announced it would begin tracking animal cruelty cases, including neglect, in its crime report data.

On the state level, in a 2014 Oregon Supreme Court case that Clark was involved in, the court ruled that police do not need search warrants to seize endangered animals. In another 2014 case, the court ruled that animals are not just a single unit of property but can be considered individual victims.

In 2013, the Oregon Legislature passed a bill that makes first degree animal neglect punishable by five years in jail, a

\$125,000 fine or both, for each offense if more than 10 animals are involved, it’s done in the presence of a minor or it’s a repeat offense.

Clark says Lane County is missing out on these legal improvements because if it files animal neglect cases as violations instead of criminal cases, there is no criminal history.

She tells *EW*, “That means anyone selling or rehoming animals could not check public records to see if an abuser has a history.” Clark adds that landlords and employers would not see code violations when doing a background check, and “there is no simple way for another prosecuting attorney to track violations if the individual is later charged in another county, making our new felony aggravated neglect [law] difficult to enforce.”

Clark says if animal violations are pursued as criminal cases, there is a five-year ban on owning animals in misdemeanor cases. She also points out that if an offender from another county moves to Lane County, there is a chance their previous conviction would go unnoticed because the case would not be sent to the district attorney, “allowing for potential felony offenses to be written off at the level of a traffic ticket.”

Mike Russell, Lane County’s manager of the Parks and Animal Services Division, says Lane County Code violations can lead to seizure of an animal, fines and possible payment of restitution. Under Lane Code, the violation of “animal abuse serious injury” faces a \$435 fine. Failure to pay fines can then lead to more charges.

Animal control officer Bernie Perkins says a person who is found guilty of an animal violation can be prevented from owning an animal for up to two years. Perkins is Lane County’s sole animal control agent and is responsible for responding to rural calls for large and small animals. According to Lane County spokeswoman Anne Marie Levis, the reason the county could not respond to Dani’s case in November was because the animal control officer was out on injury leave.

Eugene and Springfield have their own animal control officers for within their city limits.

Clark has offered to aid in organizing, training and writing grants for a group of volunteers to aid Lane County in dealing

with its large animal cases, as she has successfully done in Douglas County.

Russell and Perkins met with Clark Dec. 31 to discuss her suggestions. Russell says obstacles include changing training and certification standards to possibly require officers being armed. Also, he says the policy would have to change not just for horse owners but across the board.

Russell says the advantage to pursuing code violations as the county has done since the 1970s is that the county works under a “‘preponderance of evidence’ not ‘beyond a reasonable doubt.’” This, he says, gives “less burden and broader leeway in investigation ability. We obtain a speedier judgment and outcome of pending cases we prosecute.”

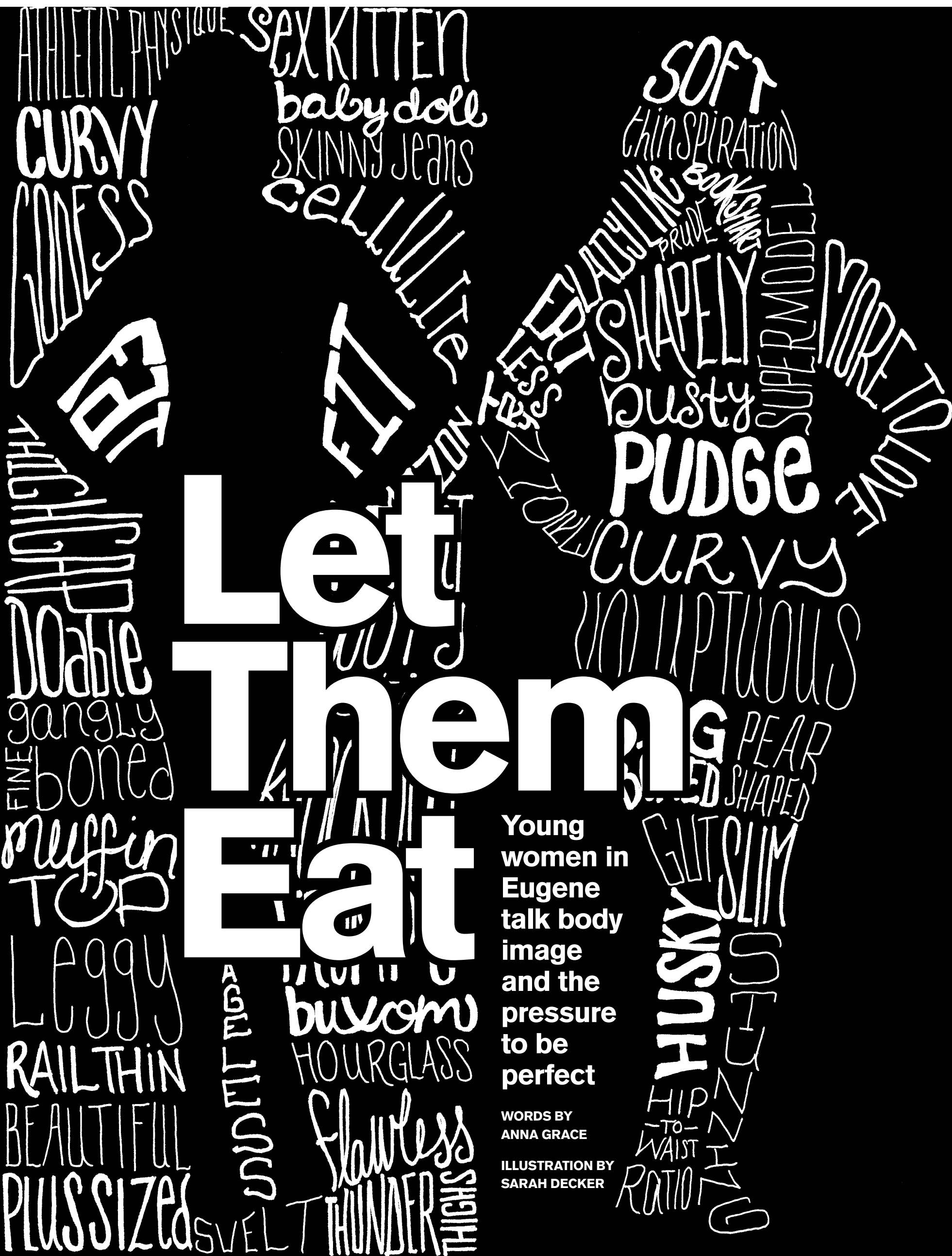
Finally, Russell says, “Our philosophical approach is to seek voluntary compliance from owners to do the right thing.” This “covers everything from unlicensed dogs to skinny horses,” he says. “With limited ability to seize and care for animals, it is often best for us to work with owners to keep their animals and correct the situation.” But, according to Russell, “In severe cases, we do work with rescues to help us when we must seize animals for immediate safety and health concerns.”

In order for a criminal case to proceed, a sworn sheriff’s officer would have to be involved, and given Lane County’s precarious financial state that relies upon a levy to fund the jail, funding and manpower are an issue.

But thanks to a three-year, \$300,000 grant from the Animal Legal Defense Fund (ALDF), Oregon has a prosecutor, Jake Kamins, who is solely focused on animal cruelty cases. Kamins says while he can’t comment on Lane County’s procedures as he hasn’t worked with counties that handle cases in this way, more generally speaking, in order for a case to come to him, a report would have to be submitted to the DA’s office, which could then call upon his expertise.

While Clark has Dani in her care, four other horses remain with the owner, who was recently jailed on charges of stealing horse tack. The county has worked out a feeding plan with the owner and says it will check on the horses to ensure they are gaining weight. ■





Young women in Eugene talk body image and the pressure to be perfect

WORDS BY ANNA GRACE  
ILLUSTRATION BY SARAH DECKER

“Gaining weight was the worst possible thing that could happen,” says 17-year-old South Eugene High School senior Sophie Kreitzberg. Returning from a 500-mile walk along Spain’s Camino de Santiago, Kreitzberg had never been so thin. “I got so much attention,” she remembers, noting that she experienced her first romance, was cast in plays and that social interaction was just easier as a thin woman.

“My grandmother cried because I was so beautiful,” Kreitzberg recalls.

But school loomed, with its long hours confined to a desk. Although she had twice-daily water polo practice, Kreitzberg was no longer walking a daily marathon. Her body, like every other human being’s, has a set point for weight, to which it was eager to return.

The perfectly appropriate fat that makes Kreitzberg’s body healthy crept back, sending Kreitzberg into a spiral of shame, restriction and binge eating. The basics of human health, exercise and diet became insurmountable mysteries as Kreitzberg sought balance in a culture that exalts unrealistically thin bodies.

Kreitzberg’s story plays on repeat in our high school and college classrooms, with different dramas and details but the same moral every time: We are teaching our girls to be ashamed of their bodies and mistrust their own hunger. At best, they live with this shame and frustration coloring their lives; at worst, other factors combine to expand their dissatisfaction in full-blown eating disorders.

To make sense of why this is still happening in 2015, for all our enlightened Eugene culture, I sat down with some young women, spoke with eating-disorder survivors and contacted health professionals. I learned we are all complicit in this sabotage.

## MEDIA GROTESQUE

“Do you know anyone who is happy with her body?” I ask. Four healthy young women, all athletes, 17 and 18 years old and excellent students, look back at me in the question’s wake. Finally, Raina Kamrat answers, “No. I literally don’t know a single person who is happy with her body. I have some friends who are sometimes satisfied. But there are always bad days.”

It is easy to point a finger at the media for this body distress. The girls know the images they’re sold are unrealistic. Margaux Boehm spoke about the crazy Photoshopped images magazines pass off as real people. “So many people watch the Victoria’s Secret Fashion Show,” Eavan McKenzie says. “Those models look like they haven’t eaten for weeks!”

While girls are savvy and have been taught to mistrust these images, the media still takes its toll. “A lot of people say they’re not influenced, but we’ve been forced these images of the ideal body for our entire lives, for generations,” Kamrat says. “We’re surrounded and bombarded by expectations.”

“The media, with the unattainable, computer-enhanced models and public figures, drives some individuals to try and meet the standard they perceive to be real. When it’s not achieved, guilt and self-degradation result,” says Laurene



**SOPHIE KREITZBERG  
BATTLED NEGATIVE  
BODY IMAGE**

Larson, a therapist and Oregon’s International Association of Eating Disorder Professionals research chair.

And there’s money to be made from that guilt and self-degradation. “The beauty industry makes billions of dollars. If they put these unrealistic images out there, women are going to spend money to meet them,” says Kimberly Klose, clinical director at RainRock Treatment Center.



**MARGAUX BOEHM SAYS UNREALISTIC MEDIA  
IMAGES PRESSURE YOUNG WOMEN**

A harrowing 1999 study conducted in Fiji shows the impact of television on body image and eating disorders. Dr. Anne E. Becker of the Harvard Eating Disorders Center surveyed girls on Viti Levu as television was introduced to the island, and for several years afterwards. A culture where healthily fleshed figures were the ideal suddenly saw its young women become weight conscious.

Within three years of the introduction of television, 69 percent of girls on Viti Levu reported that they had been on a diet, and 15 percent were using vomiting to control their weight.

Kreitzberg, Boehm, McKenzie and Kamrat are all dedicated to fighting a media that seeks to profit from women’s body shame. Since recovery, Kreitzberg has presented about body positivity at the Youth Empowerment Symposium. Boehm is outspoken in her criticism of retailers that cater to fantasies of unattainable beauty standards.

But there is more to body shame than Photoshop and airbrushing.

## TRACKTOWN TROUBLES

“In Eugene you can’t be fat, like those other Americans,” Kreitzberg says. “We equate larger bodies with laziness. A thin woman is successful.”

Boehm notes that in Eugene, being thin is synonymous with being healthy. Larson says, “Thinness has been equated with health, which is not scientifically accurate. Good cardiovascular health is more important than weight and, in fact, restrictive eating or binge eating, especially when followed by purging, devastates health.”

Emi Stewart, 20, is an athletic young woman who is in recovery from a six-year bout with eating disorders.

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“Growing up in ‘TrackTown USA’ makes it hard to ignore the fitness fanatics, and if you have an eating disorder, every person is a game of comparison,” Stewart says. “A lot of people are very athletic, which makes it easy to hide dissatisfaction behind obsessive workouts.”

And, of course, our town celebrates thoughtful eating. You can have a moral or health objection to just about anything and find appropriate accommodations. Klose has noticed girls using our culture of elaborate food constructs to restrict. They go vegetarian, vegan, gluten- and dairy-free, “not for any moral or health reason, but in the vein of restricting.”

## ROOTED IN ANXIETY

Fostering a distressed body image will not necessarily lead to an eating disorder. Bulimia, binge eating and anorexia are classified as anxiety disorders, which psychologists think may be genetic.

“Biology loads the gun,” Klose says, “but society pulls the trigger.” According to Klose, women are trying to manage anxiety, stress and even PTSD with an eating

disorder. “When a person restricts or purges, it will slow down neurotransmitters in such a way that it will be calming. There is a chemical response in the brain. You feel better, but the response erodes over time.”

Stewart describes that confluence of influence. “My struggle with body image started as a result of being heavily immersed in ballet culture, where perfectionism and long body lines are sought after,” she says. “I felt like being skinny would make me successful and admired, and make my mother proud.”

At 13, she continues, “I began counting calories every day and judging the success of my days based on how much I ate. Days over 1,000 calories were a failure. My mother is a recovered bulimic and told me about her eating disorder in great detail, so I had a ‘role model’ of sorts as I grew into my own eating disorder.”

## BODY DISTRESS BEGINS AT HOME

“Family influence is important, and research shows that parents who diet and value a thin ideal have daughters who struggle to achieve that ideal,” Larson says. Klose

says that the negative language adults use towards their bodies in a household directly impacts kids, and if kids are seeing an adult restrict or binge, they are learning that’s OK.

Stewart’s reflection gives a frightening illustration of that point. “My mother was an alcoholic and was abusive during my childhood, so as I reached high school, I began using food as a means to cope with the pain and guilt I was feeling,” she says. “I had seen my mother binge before, often while intoxicated, and I saw how she used food to numb her feelings. This led to a very secretive relationship with food, where I was for all appearances a ‘health freak,’ but would then go home and binge on ice cream and pizza. Being in control of what I ate made me feel powerful, like I had my life together, when I was really hurting inside.”

Media-raised mammals are key in understanding the persistence of body-image distress. Marketing to teens began in earnest in the 1970s. MTV was launched in 1980, and other teen-centered programming quickly followed. Thus the first group of women to grow up with the full-scale, destructive effects of media on body image is now parenting.

Living with body shame for the last 20 years, we seek to shield our daughters from that shame — not by smashing in our televisions and coming to peace with our bodies, but by trying to help our daughters stay slim.

We must be aware that every time we engage with media images, we are affected and make choices accordingly. Knowing the media is doing its best to make you feel your worst, you can decide if something is entertaining enough to be worth it.

As the adults in this situation, we need to find peace with our bodies. Perhaps we can follow Emi Stewart’s road: “For me, recovery has been about learning how to love myself. I had to let go of the guilt I held onto from my childhood, realize that none of it was my fault and learn how to acknowledge and express those emotions I had stuffed down for so long.” ■





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# Bloody Hell

Alternative period products for the adventurous among us **BY AMY SCHNEIDER**

It has always struck me as one of the great injustices of womanhood — the monthly bloodbath from a body part that is normally reserved for sexytime (not a baby corridor just yet, thank you very much). I try to tell myself that it's some great honor, an ancient rite of femininity that brings me closer to nature and the goddess within us all.

But that kind of bullshit isn't terribly reassuring when you've bled through your pants and flushed your last tampon down the toilet.

According to BuzzFeed's "How Metal Is Your Period?" online quiz, my period is "very fucking metal." I consider this a fine achievement. But to obtain a perfect score and prove that my period is indeed the most hardcore of periods, I needed to upgrade my menstruation supplies, from paltry tampons and maxi pads to reusable menstrual cups and sea sponges.

Yes, you read that right: sea sponges.

But I'll get back to that later. First, let's talk about the menstrual cup, which, according to Planned Parenthood, is "an easy-to-use, safe and ecofriendly alternative to pads and tampons." Their brand, Lunette, is a light blue, acorn-shaped silicone cup, flexible enough to accommodate the wriggling it takes to place it correctly.

Carolyn Moore, a nurse practitioner at Planned Parenthood of Southwestern Oregon, says, "Most women who use menstrual cups really like them. They're safe, effective and earth-friendly."

The Diva Cup is one of the more popular brands, and the colorful packaging distracts you from the fact that this device is basically a leak bucket for blood. To use it, simply squeeze the cup between your fingers so that it folds shut, then wedge it in. The cup should expand once inside.

A few tips from friends about using this thing: Make sure to push it up far enough to prevent leaking. It's not pretty when the deluge hits and you're not ready.

Also, be careful when using the cup

in public restrooms. Getting it in and out is a bit tricky and messier than dropping a tampon into the toilet, so plan ahead. It's probably not yet socially acceptable to wash out your menstrual cup in a public restroom sink, bloody hands and all — dumping your cup out in the toilet and rinsing it with a bottle of water might be the way to go.



If the Diva Cup doesn't appeal to you, a quick web search shows that there's also the Mooncup, Lily Cup, Fleurcup and MeLuna.

I'm not really into all the references to lunar cycles and phases of the moon. I'm not sure why a woman's baby-making system has anything to do with a giant chunk of rock that orbits our planet.

Then again, I do see the appeal in envisioning oneself as some kind of primal, badass she-wolf.

In any case, if allusions to heavenly bodies aren't your thing, people have mined the depths of the ocean to find absorptive materials. Sea sponges like Sea Pearls function just about as you'd imagine: Boil to clean, push it on

in, remove when full, wring out in sink, rinse, repeat.

I found the Diva Cup and Sea Pearls at The Kiva, but you can get them online and at other establishments around town with an eco, womanly hippie ethos.

Just try not to imagine sticking SpongeBob SquarePants in your lady business, and you'll be fine. ■



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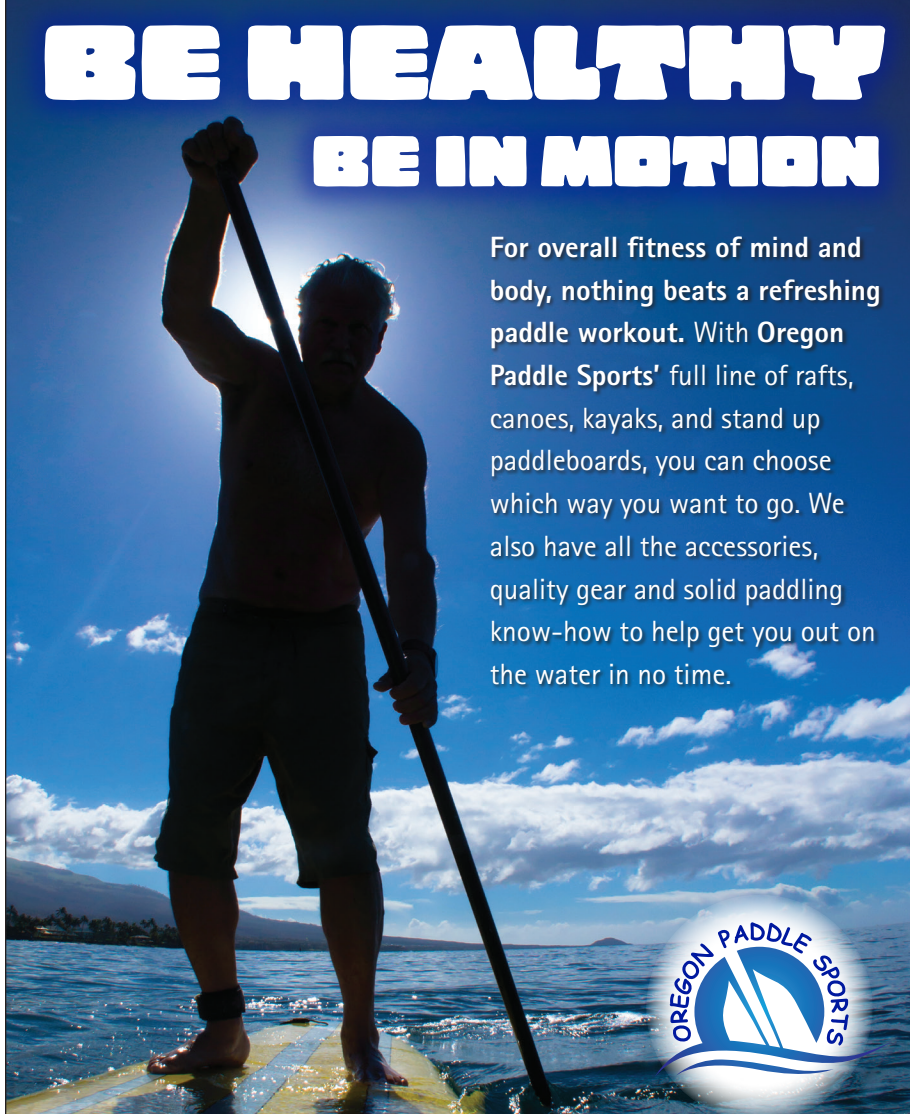
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# Hot Topicals

Topical cannabis offers pain relief without the head high **BY ALEX V. CIPOLLE**

**W**e've all rubbed a salve into a sore muscle or joint and breathed a sweet sigh of relief. There are the old standbys, Icy Hot or BenGay. Tiger balm has saved my lower back with its cool, soothing cloud of numbness.

Now there's a new player in the topical pain relief game — topical cannabis.

"It's just like Tiger Balm," says Chelsea Hopkins, co-owner of The Greener Side dispensary on Oak Street. "It targets one specific area, gives you that pain relief and sometimes it's a lot more effective than just smoking and kind of forgetting about the pain."

Topicals — ointments, oils, lotions, creams, salves, balms — are growing in popularity as the stigma around marijuana fades and as the plant's medicinal properties are increasingly studied. Leafly, a leading cannabis review site, named topicals as one of 2014's "biggest trends in cannabis culture." Topical cannabis is poised to find widespread popularity due to its targeted pain relief, its medium of use and the fact that it won't get you stoned.

"When I first opened the store, I wasn't thinking about topicals at all," Lisa Della Croce tells me in a little side room at Kush MMD. When owner-operator Della Croce opened the dispensary and wellness center downtown on 10th Avenue in May, she only sold one topical; now she sells four. She says a vendor brought in samples and the rest is history. "Those just went out the door."

Della Croce says she uses a Monumental Medicines salve for her nerve pain and Grandma's Old Time Ointment for arthritis. Her clients also use topicals to aid with Parkinson's, fibromyalgia, migraines and muscle spasms.

"I also noticed that our older clientele like the topicals a lot as well," Della Croce says. "If their last resort comes to medical

marijuana, and they're tentative about smoking or eating it, the topicals — they're like 'Sure, I'll try that.'"

Hopkins adds that topicals are great for menstrual cramps and pregnancy pains. "When I was pregnant, I got round ligament cramps," she says. "When you're carrying a child it's really hard on your body, and I used a salve, and it was the only thing that got rid of those cramps."

Hopkins recommends Empower Oil, crafted by Portland's Trista Okel and named by *High Times* magazine as a top 10 topical.

Applying a topical will not produce any psychoactive effect (i.e., you won't get high) because it is not processed through the liver like marijuana that's smoked or eaten. "Some people don't want to be altered to get their medicine," Della Croce says.

Topical use, Della Croce and Hopkins say, will not show up in a drug screen, either, because lotions and salves do not enter the bloodstream (or only in negligible amounts).

Currently, only OMMP cardholders can rejoice in the relief of topical cannabis. For the rest of us seeking respite from our creaking bones and aching muscles, put topicals on your shopping list for July 1, 2015, when recreational marijuana use in Oregon becomes legal. ■



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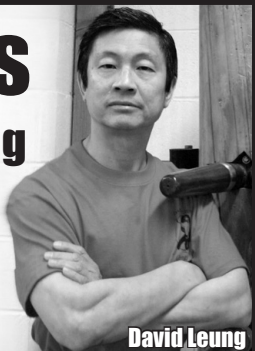
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# Phone Fitness

Apps help you track exercise and count calories **BY SOPHIA JUNE**

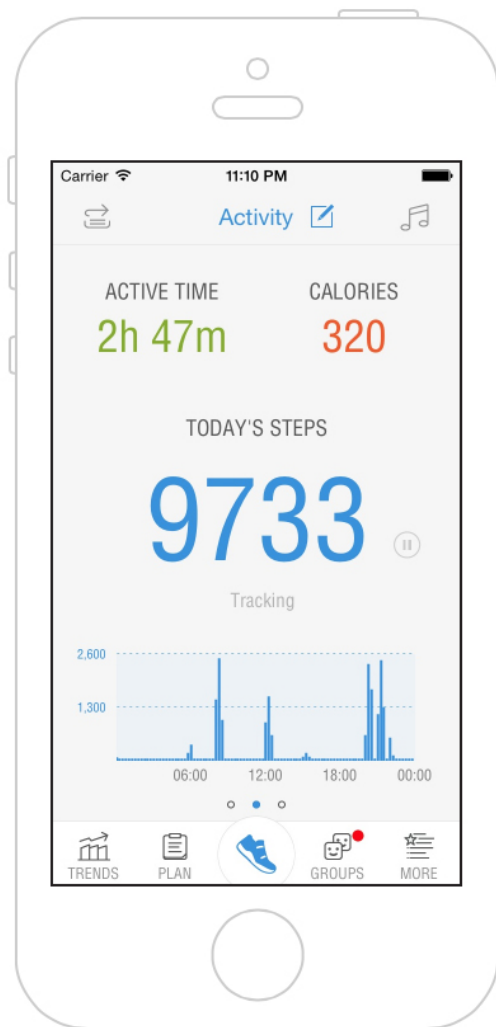
**Y**our smartphone lets you listen to music, read the newspaper, filter your photos and find people to date. It can also help you lose weight and stay fit. If your New Year's resolution is to have less screen time and more gym time, you might want to think again — turn your phone time to fitness time with these free apps.

### MYFITNESSPAL

I don't believe there's an app out there that will make you feel worse for eating a McMenamins hamburger (810 calories!), but that's what makes MyFitnessPal so effective. This app allots a number of calories based on how much weight you're trying to lose. You input your meals and the app keeps track of calories. Most of the food is preprogrammed: If you type in "bagel," several different brands are listed. Many local restaurants are preprogrammed as well, so you don't have an excuse to estimate (e.g., one medium original Yumm! bowl has 758 calories). You can add your own calorie counts and create "meals" of foods you eat together often. It also connects with Pacer (see below) to add the calories burned from walking. It's easy to "forget" to track every meal, especially as we exit the holiday snarfing season, but the point is to get you thinking about what you're eating and, in turn, eat healthier. MyFitnessPal factors in exercise to your diet plan — who knew kickball burned so many calories?

### PACER

Pacer is a pedometer app, making it useful for those who already walk a lot and are curious to see how many calories they actually burn, and inspiring those of us who spend too much time at our desks to get up and walk around. Simply keep the app open, and it will track your steps, as long as you carry your phone with you. Since this doesn't always happen, the app may count fewer steps than you actually take. Hit a healthy 10,000 steps and get a celebratory alert. Pacer also offers workout plans (with a paid upgrade) to help motivate weight loss.



PACER TRACKS YOUR STEPS

### YMCA MOBILE APP

The YMCA is a great place to get fit, especially during these cold winter months when the looming fog and pouring rain make a jog seem all the more depressing. With the Eugene YMCA's new mobile app, you can keep up-to-date on all the latest activities the Y has to offer. The app offers a full schedule of classes, swimming pool availability and scheduled events. Want to know which cardio class is offered tonight? Use the app to find out. And for anyone who's tired of keeping track of membership cards, now you can check in with your smartphone — the staff in the front office can help you set it up.

### THE 7-MINUTE WORKOUT

If you're looking for motivation to get up right now and exercise instead of spending 10 minutes a day tracking your meals, check out the popular 7-Minute Workout. The free version only includes the Full Body — 12 moves done in 30-second intervals with 10-second rest breaks. With this app, think fitness-world buzzwords: high-intensity circuit training. You tap a button, a whistle blows and you'd better be ready to do jumping jacks followed by wall-sits, push-ups, crunches, step-ups and more. This app is fun for people who don't have a lot of time to work out and who prefer to do so in their homes. ■





NIA DANCERS WARM UP AT THE REACH CENTER

# Navigating Nia

Eugene's favorite yoga-meets-dance-meets-martial arts workout **BY DAEMON LEE**

**N**ia is a form of exercise that mixes yoga, martial arts and dance techniques, but never mind what it is exactly: That analyzing part of your brain has no place here. Nia is about the joy of having arms and legs and knees and shoulders. It's exploring the movements that your body loves.

Although it started in 1983 in San Francisco, Nia has quietly grown in popularity, with classes offered at Eugene Yoga, Celebration Belly Dance and Yoga Studio and The Reach Center, among others.

"It's definitely a fitness class, but doesn't look like a fitness class or feel like a fitness class," says Amy Palatnick, who co-leads a Nia class in South Eugene. "It's more like an experience. You're having a very multileveled experience. It's definitely physical but also emotional and spiritual."

Palatnick and co-instructor Sarah Gregory teach their Nia classes at The Reach Center on Harris Street and, on a recent chilly morning, Gregory starts off the class of about 40 people by easing in slowly. "Feel the ground beneath your feet," Gregory says. "Feel grounded to the earth."

Everyone stands in a circle and, while soft music plays, they feel their bare feet press into the floor.

The tempo soon increases, filling the exercise space with fast-paced music. "Let's warm this room up!" Gregory says. The class spreads out into rows, with Gregory at the front, and dancing begins. The moves are simple and repetitive, because the important thing is to feel the energy and to be creative. "Experiment, see what your neighbor is doing!" Gregory says.

The sweatshirts soon come off, and Gregory has everyone in the room moving, stepping forward and back, spinning to the left, lifting arms to the ceiling. Between dance sequences are periods of freeform movement as everyone in the class gyrates however they want. Gregory bounces through the room, encouraging the chaos. "Feel your skin!" she says. "Love your body!"

Then she gathers the class together again and leads everyone in a series of kicks — to the front, to the side, to the back — all in rhythm to the music. As Gregory guides the class, she seems more facilitator than instructor, encouraging and setting an example but never demanding.

Gradually, the beat of the music slows, and Gregory encourages the class to relax. Soon everyone is sprawled out on the floor, eyes closed. One last circle together to end the class, and then it's time to go. People leave the class feeling both energized and relaxed.

"I was exhausted and had the biggest grin on my face," Berry Broadbent says about her first Nia experience seven years ago. "It gets me out of my head."

"It changed me," says Lonn Welchman, another regular. He says he thinks that people who try Nia once will come back for more.

The drop-in rate is \$10 at The Reach Center, though the second class is free to encourage people to give it a second chance. "Every class is different," Palatnick says.

Ten classes are available for \$80, but no one is turned away for lack of funds. Beginning in January, Gregory and Palatnick will offer weekend classes.

"It's like dancing with your family," Palatnick says. "It's a very big-hearted experience." ■



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# WHAT'S HAPPENING



When you hear the word “fermentation,” it’s likely your mind rushes to thoughts of beer, or perhaps — this being Eugene — kombucha. But the ancient process of fermentation, a metabolic action that converts sugar to gas, acid or alcohol, is used in the production of all sorts of stuff, including cheese, bread, mead and teas, all of which you can discover Saturday at the annual “**Fun with Fermentation**” Festival hosted by the Willamette Valley Sustainable Foods Alliance. Featuring a bevy of local vendors, including Agrarian Ales, Hop Valley Brewing, Independence Creamery and more, this yeasty fest offers an educational (and edible) look at all things fermentable, including live demos on sauerkraut and miso.

Willamette Valley Sustainable Foods Alliance “Fun with Fermentation” Festival takes place 11 am to 4 pm Saturday, Jan. 10, at Veterans Memorial Building, 1626 Willamette St.; admission is \$5 with two cans of food for FOOD for Lane County, or \$10 without a donation.



## THURSDAY

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**COMEDY** Brian Regan, 7:30pm, Hult Center, One Eugene Center. \$42.50.

**FILM** Encircle Film Series: *Bringing It Home: Hemp is Hope*, speakers & audience discussion, 6pm, Bijou Art Cinemas, 492 E. 13th Ave. \$5-\$7.

Springfilm’s “Almost an Oscar” Series: *Fargo*, screening & discussion, 6:30pm, Wildish Theater, 630 Main St., Spfd. FREE.

**GATHERINGS** McKenzie Milky Mamas, pregnancy, breast-feeding & parenting support group, 10am today & Thursday, Jan. 15, Daisy’s Place, 1244 Lawrence St. FREE.

Eugene Metro Business Networking International, 11:30am today & Thursday, Jan. 15, LCC Downtown Center, 101 W. 10th Ave. \$12 lunch.

Downtown Public Speakers Toastmasters Club, drop-ins welcome noon-1:05pm today & Thursday, Jan. 15, Les Lyle Conference Rm, fourth floor Wells Fargo Bldg., 99 E. Broadway Ave., info at 485-1182. FREE.

Human Rights Commission Subcommittee: Martin Luther King Jr. Awards Recipient, review of nominees, 4pm, Atrium Building, 99 W. 10th Ave. FREE.

Game Night/Chess Night, 5-9pm, Cush Cafe, 1235 Railroad Blvd. FREE.

Police Commission, keepin’ an eye on cops, discussion of closed-circuit TV proposal, 5:30pm, Police HQ, 300 Country Club Rd. FREE.

Sustainability Commission Adaptation Subcommittee, 2015 work planning, 5:30pm, Tap & Growler, 207 E. 5th Ave. FREE.

Board Game Night, new players welcome, 6-11pm today & Thursday, Jan. 15, Funagain Games, 1280 Willamette St., info at 654-4205. FREE.

Oregon Fiber Artists, 6:30pm, Jo-Ann Fabrics, 1024 Green Acre Rd. FREE.

Doc’s Pad Drag Queen Bingo w/ Kares, 9pm today & Thursday, Jan. 15, Doc’s Pad, 710 Willamette St. FREE.

Trivia Night, 9pm today & Thursday, Jan. 15, Sidebar, 1680 Coburg Rd.

**KIDS/FAMILIES** Wonderful Ones Storytime, 1-year-olds w/caregivers, 10:15am & 11am today & Thursday, Jan. 15, downtown library, info at 682-8316. FREE.

Baby Pop Music w/Stardust, interactive singing for babies & caretakers, 1pm today & Thursday, Jan. 15, Neighborhood New-Mothering Center, 1262 Lawrence St. #3. FREE.

**LECTURES/CLASSES** Early Literacy Classes for Kids & Grownups, 9:15am, Springfield Library, 225 Fifth St., Spfd., info at wkly.ws/1vd. FREE.

One-on-One Job Hunting Help, 5-7pm, downtown library, reg. at 682-5450. FREE.

A Quick Look at QuickBooks, record keeping advice w/Jodi Reilly, 6pm, downtown library. FREE.

**LITERARY ARTS** Mid-Valley Willamette Writers: “The Business of Writing” w/Ron Burley, 7pm, Tsunami Books, 2585 Willamette St. \$10.

**ON THE AIR ON THE AIR** “The Point,” 9-9:30am today & Thursday, Jan. 15 KPOV 88.9FM.

“Arts Journal,” current local arts, 9-10pm today & Thursday, Jan. 15, Comcast channel 29.

**OUTDOORS/RECREATION** Yoga w/Dave from California, 6:45-8am today & tomorrow, 8:30-9:45am Sunday, Trauma Healing Project, 2222 Coburg Rd. Don.

Pool Hall for seniors, 8:30am-4:30pm, today, tomorrow & Monday through Thursday, Jan. 15, Campbell Community Center, 155 High St. \$0.25.

Walk with Us, weekly self-led neighborhood walking group, ages 50 & up, 9:30-10:30am today & Thursday, Jan. 15, meet at Petersen Barn Community Center, 870 Berntzen Rd. FREE.

Mahjong for Seniors, 1-4pm today & Thursday, Jan. 15, Campbell Community Center, 155 High St. \$0.25.

Team Run Eugene, adult track workout group, 6pm today & Thursday, Jan. 15, ATA Track, 24th & Fillmore St. FREE.

Drop-in Kayaking, bring equipment, no instruction provided, ages 12 & up, 8-10pm today & Thursday, Jan. 15, Echo Hollow Pool, 1655 Echo Hollow Rd. \$5

**SOCIAL DANCE** Music & Dance Workshops w/Taller de Son Jarocho, 7-9pm, American Legion Hall, 344 8th St., Spfd. FREE.

Square Dancing, Sam Bucher teaching & calling, 7-9pm, Willamalane Adult Activity Center, 215 W. C St., Spfd. \$3.

Crossroads Blues Fusion Dance, 7:30pm lesson, 8:30-11:30pm dance, Ballet Northwest Academy, 380 W. 3rd Ave., see crossroadsbluesfusion.com. \$5.

Hot Mamma’s Club, 8pm today & Thursday, Jan. 15, All That! Dance Company, 855 W. 1st Ave., info at 688-1523 or allthatdance@hotmail.com. \$10.

**SPIRITUAL** Intro to Zen Practice, 7:30-9pm, Unitarian Universalist Church, 1685 W. 13th Ave. FREE.

**THEATER** *A Bright New Boise*, preview performance 7:30pm, Oregon Contemporary Theatre, 194 W. Broadway, 465-1506. \$15.

**VOLUNTEER** Care for Owen Rose Garden, bring gloves & small hand-weeding tools, instruction provided, noon-3pm today & Thursday, Dec. 25, end of N. Jefferson St., 682-5025.

## FRIDAY

**JANUARY 9**  
SUNRISE 7:46AM; SUNSET 4:53PM  
AVG. HIGH 46; AVG. LOW 33

**FARMERS MARKETS** Marketplace@Sprout, year-round indoor & outdoor farmers market w/entertainment, 3-7pm, 418 A St., Spfd. info at sproutfoodhub.org.

**FOOD/DRINK** Wine Tasting, 6-9pm, Sweet Cheeks Winery, 27007 Briggs Hill Rd.

**GATHERINGS** Yawn Patrol Toastmasters, 6-7:45am, LCC Downtown Center, 110 W. 10th Ave.

Church Women United Monthly Forum: “Activism for Christians” w/Rev. Melanie Oomen, 9-11:15am, Church of the Brethren, 1072 Main St., Spfd. FREE.

City Club of Eugene: “Honoring the Resiliency of American Indian Nations” w/Jason Younker, noon, Downtown Athletic Club, 999 Willamette St. \$5.

Nursing Nook, walk-in breast-feeding support, 12:30-5pm, Neighborhood New Mothering Center, 1262 Lawrence St. #3, info at daisymotheringchain.org. FREE.

*Doctor Who* Club for Teens, watch episodes, snack and discuss, 4-5:30pm, downtown library. FREE.

Second Friday Art Walk, last ever flashlight guided art walk, various location, begins at 5:30pm at Springfield City Hall, 225 Fifth St., Spfd. FREE.

Life Group for Adults, strength based, solution oriented, 5:30pm, Irving Grange, 1011 Irvington Dr. FREE.

Adult Children of Alcoholics Meeting, 5:45-6:45pm, St. Mary’s Episcopal Church, 1300 Pearl St.

Mr. Bill’s Traveling Trivia, 7pm, Rogue Public House, 844 Olive St., call 345-4155. FREE.

**HEALTH** Take Off Pounds Sensibly, 9am, Nazarene Church, 727 Broadway, call 689-5316. FREE.

**KIDS/FAMILIES** Baby Storytime, ages 0-1 w/caregivers, 10:15am & 11:15am, downtown library. FREE.

Family Storytime, 10:15am, Bethel Branch Library, 1990 Echo Hollow Rd.; 10:15am, Sheldon Branch Library, 1566 Coburg Rd. FREE.

Make & Take Art, crafts for kids, 2-3pm, Springfield Library, 225 Fifth St., Spfd. FREE.

Family Game Night, 6-8pm, Petersen Barn, 870 Berntzen Rd. FREE.

**LECTURES/CLASSES** Wellness Inside-Out: Foundations in Healing for Healthy Professionals, 9am-noon, St. Mary’s Episcopal Church, 1300 Pearl St. \$35 adv., \$45 door.

“Keto-Adaptation: Train your body to burn fat” w/Bonnie Nedrow, 6:30-8:30pm, Market of Choice, 67 W. 29th Ave. \$15.

**ON THE AIR** “The Point,” 9-9:30am, KPOV 88.9 FM.

“The Sunday Morning Hangover TV Show,” 11pm, Comcast channel 29.

Marc Time’s Record Attic, 11:30pm, Comcast channel 29.

**OUTDOORS/RECREATION** Walk ‘n’ Talkers, weekly self-led neighborhood walking group, 9-11am, meet at Campbell Community Center, 155 High St. FREE.

Bridge Group for Seniors, 12:30-3:30pm, Campbell Community Center, 155 High St. \$0.25.

Pinochle for Seniors, 12:30-3pm today & Monday, Petersen Barn Community Center, 870 Berntzen Rd. \$0.25.

Magic the Gathering, standard deck casual play, 6pm, Castle of Games, 660 Main, Spfd. \$1.

Magic the Gathering, 6pm, Delight, 811 E. Main St., Cottage Grove, info at delightcg@gmail.com. FREE.

Final Table Poker, 6pm & 9pm today, 3pm & 6pm Sunday, Steve’s Bar & Grill, 117 14th St., Spfd. FREE.

Poker Tournament, 9pm, Goodfellas, 117 S. 14th St., Spfd., 726-9815.

Pool Hall continues. See Thursday, Jan. 8.

Yoga w/Dave from California continues. See Thursday, Jan. 8.

**SOCIAL DANCE** All Request International Folk Dancing, 2-3:30pm, Willamalane Adult Activity Center, 215 W. C St., info at 603-0998. \$1.50.





“And I guess that was your accomplice in the wood chipper.” That line, spoken by Minnesota police chief Marge Gunderson (Frances McDormand), is but one of many unforgettable moments in *Fargo*, the 1996 dark comedy that catapulted the filmmaking duo of Joel and Ethan Coen to cinematic glory. McDormand, who was nothing short of brilliant, earned an Academy Award for Best Actor, but was the movie robbed of its own Oscar that year when *The English Patient* took home Best Picture honors? Well, you can enter this debate when the Springfilm series “**Almost an Oscar**” hosts a screening and discussion Thursday, Jan. 10, at Wildish Theater.

Plank Town Presents: Springfilm series, “Almost an Oscar,” presents a free screening and discussion of *Fargo* 6:30 pm Thursday, Jan. 8, at Springfield’s Wildish Theater, 630 Main St.

Salsa Dancing w/Jose Cruz, 8:30pm, Vet’s Club Ballroom, 1626 Willamette St. \$7.  
Church of ’80s, 9pm, Blairally, 245 Blair Blvd. \$3.  
**SPIRITUAL** Healing w/Spiritual Light, bring a small jar of water, 7-9pm, Friends Meeting House, 2274 Onyx St. FREE.  
**THEATER** *A Bright New Boise*, 7:30pm today, tomorrow & Thursday, Jan. 15, Oregon Contemporary Theatre, 194 W. Broadway, 465-1506. \$22-\$35.

**SATURDAY**  
**JANUARY 10**  
SUNRISE 7:46AM; SUNSET 4:54PM  
AVG. HIGH 46; AVG. LOW 33  
**FARMERS MARKETS** Hideaway Bakery Farmers Market, 9am-

2pm, Hideaway Bakery, 3377 E. Amazon.  
Coast Fork Farm Stand, 11am-6pm, 10th & Washington, Cottage Grove.  
**FOOD/DRINK** Willamette Valley Sustainable Foods Alliance “Fun with Fermentation” Festival, food, drink, demos, 11am-4pm, Vet’s Club, 1626 Willamette St. \$10 or \$5 w/FOOD for Lane County canned food don.  
Noble Saturday Nights, wine tasting & music, 4-9pm, Noble Estate Urban Tasting Room, 560 Commercial St. Ste F.  
**GATHERINGS** Oregon Chapter of the American Cetacean Society Monthly Meeting, 10am, Newport Public Library, 35 NW Nye, Newport. FREE.  
A Celebration of the Life of Mark W. Lewis (1954-2014),

10am-noon, South Eugene High School, 400 E. 19th Ave.  
Co-Dependents Anonymous, 12 step meeting, noon-1pm, White Bird Clinic, 341 E. 12th Ave. FREE.  
Peace Vigil, noon-1pm, downtown library, info at 342-2914. FREE.  
Dungeons & Dragons, role-playing, 3pm, Delight, 811 E. Main, Cottage Grove, info at delightcg@gmail.com. FREE.  
**KIDS/FAMILIES** Family Music Time, Pia & Jason Robbins 10:15am, downtown library, info at 682-8316. FREE.  
Dog Tale Time, grades K-6, reading practice w/animals, 2-3:30pm, downtown library. FREE.  
**LECTURES/CLASSES** Digital Photo Editing, 10am-noon,

downtown library. FREE.  
Cloth Diaper Demonstration Class, 10am today & 7pm Tuesday, Mother Goose Resale, 443 W. 11th Ave. FREE.  
Women’s Self Defense Class, offers training in awareness & confidence building w/reality based hand-to-hand combat practices, 10:30-11:45am, Petersen Barn Community Center, 870 Berntzen Rd., contact warriorsisters@riseup.net. FREE.

American Association of University Women Meeting w/UO prof Jennifer Freyd, discussion of issues around sexual assault, 10:30am, Westminster Presbyterian Church, 777 Coburg Rd. FREE.  
“Future Signs: The Astrology of 2015” w/Johanna Mitchell, 2-4pm today & tomorrow, Tsu-

nami Books, 2585 Willamette St. Don.  
**LITERARY ARTS** Read It! book club for tweens & parents, 2:30pm, Springfield Library, 225 Fifth St., Spfd. FREE.  
Eugene All-Ages Poetry Tslam: Round Four, feat. Christina Jackson (aka Shewrites), 7:30pm, Tsunami Books, 2585 Willamette St. \$5.  
**ON THE AIR** Taste of the World w/Wagoma, cooking & cultural program, 9-10am today, 7-8pm Tuesdays, Comcast channel 29.  
The De’Ampy Soul Hama Show, 10pm, Comcast channel 29.  
**OUTDOORS/RECREATION** Obsidians: Cross-country Ski to Berley Lakes, 8 miles, reg. at obsidians.org.  
New Year’s Hike, 10am-noon, Mt. Pisgah Arboretum Visitors Center, 34901 Frank Parrish Rd. \$5.  
**SOCIAL DANCE** All-Levels African Dance w/Alseny, 11am-12:30pm, WOW Hall. \$12, \$10 stu.  
Eugene Folklore Society Contra Dance, 7:30pm, Dunn School, 3411 Willamette St. \$6-\$10.  
**SPIRITUAL** Day-long Meditation, 10am-4pm, Center for the Sacred Sciences, 5440 Saratoga St. \$20-\$50.  
**THEATER** *A Bright New Boise* continues. See Friday.  
**VOLUNTEER** NextStep Recycling Volunteer Orientation, 11am, NextStep Warehouse/Office, 2101 W. 10th Ave. FREE.

**SUNDAY**  
**JANUARY 11**  
SUNRISE 7:46AM; SUNSET 4:55PM  
AVG. HIGH 46; AVG. LOW 33  
**BENEFITS** Initiation into the Shamanic Journey for Guidance & Healing, benefit for FOOD for Lane County, 10am-5pm, reg. at 844-2805. \$25-\$90.

**FILM** *The Wizard of Oz*, see it on the big screen, 2pm & 6pm, Regal Valley River, 500 Valley River Center & Cinemark 17, 2900 Gateway, Spfd. \$12.50.  
**FOOD/DRINK** Mimosa Sunday, noon-6pm, Sweet Cheeks Winery, 27007 Briggs Hill Rd.  
Wine Tasting, Noble Fall Sundays, noon-5pm, Noble Estate Vineyard & Winery, 29210 Gimpl Hill Rd., info at 338-3007 or noblestatewinery.com.  
The Awesome Food Goddess, Chrissy’s Festival of Wonder & Delight, 2-4pm, Park Blocks, 8th & Oak St. FREE.  
Eugene Food Not Bombs, 2-4pm, 8th & Oak. FREE.  
**GATHERINGS** Piccadilly Flea Market, 10am-4pm, Lane County Fairgrounds, 796 W. 13th Ave. \$1.50.  
Cribbage Tournament, 2pm, B & B Lounge, 213 N. Front St., Creswell. FREE.  
Game Show w/Elliot Martinez, 8pm, Blairally, 245 Blair Blvd. FREE.  
Poker Tournament, 9pm, Goodfellas, 117 South 14th St., Spfd.  
**HEALTH** Occupy Eugene Medical Clinic, noon-4pm, Park Blocks, 8th & Oak. FREE.  
**KIDS/FAMILIES** Family Fun: Postcard Art, 2:30pm, downtown library. FREE.  
**LECTURES/CLASSES** Beyond Separation, exploring the ideas of Charles Eisenstein, 12:45pm today & Thursday, Jan. 15, Friends Meeting House, 2274 Onyx, reg. at 525-8324. FREE.  
“Future Signs: The Astrology of 2015” w/Johanna Mitchell continues. See Saturday.  
**ON THE AIR** “The Sunday Morning Hangover TV Show,” 1:30am, Comcast channel 29.  
Sentinel Radio broadcast, 7am, KPNW 1120AM.

### Black Lives Matter Panel & Townhall Discussion

Tuesday, Jan. 13, 2015 | 6pm | EMU Gumwood Room (Next to EMU Ballroom)

Sponsored by: UO Multicultural Center, Dept. of Ethnic Studies, Division of Equity and Inclusion, PACA, Black Student Union and Black Women of Achievement, NASU, ASUO Exec., MESA



**PHIL HUTCHINGS**  
BAJI Senior Organizer (Black Alliance for a Just Immigration)  
Phil Hutchings is a veteran of the Southern Freedom Movement of the 1960’s with the Student Non-violent Coordinating Committee. Currently he is the Senior Organizer with the Black Alliance for Just Immigration based in Oakland, California.



**KAYSE JAMA, EXECUTIVE DIRECTOR**  
An original founder of CIO, Kayse Jama was born into a nomad family in Somalia. He left when the civil war erupted, and finally found sanctuary in Portland. From 2005 to 2007, he trained immigrant and refugee community leaders in five Western states—Oregon, Washington, Nevada, Utah and Idaho—under a prestigious New Voices Fellowship at Western States Center. He has been awarded the Skidmore Prize for outstanding young nonprofit professionals (2007), the Oregon Immigrant Achievement Award from Oregon chapter of the American Immigration Lawyers Association (2008), and the 2009 Lowenstein Trust Award.



**LINDA HAMILTON**  
A graduate of UO; Correctional Counselor/Parole and Probation at Lane County Sheriff Office/Corrections Division for 27 years; President of Blacks In Government, UO President’s Diversity Advisory Community Council, Eugene Police Race Stop Data Committee, Former Human Rights Commission Chair, former Police Commission Member Former Member of Eugene School District 4J Equity Committee, Co- Founder of Oregon Black Education Foundation



**MICHAEL HAMES-GARCÍA**  
A professor of ethnic studies at the University of Oregon. He publishes books and articles on a range of issues in contemporary cultural politics, including theories of identity and the self; prisons and criminal justice; and the intersections of race, gender, and sexuality. His current projects involve analyses of race, gender, and incarceration in the United States and race and sexuality in the United States following World War II.



**MIC CRENSHAW**  
Michael Crenshaw is a world class MC and poet who has emerged on the national - international stage. As a teen in the late 80’s, Mic was embroiled in the violent streets of Minneapolis, leading groups to physically confront white supremacist gangs that were enforcing their will at local parks and social scenes. After beating back the neo-nazis, the violence remained, both in the streets and from authorities. Crenshaw decided it was time to escape it all and moved west to Portland, OR. Crenshaw says, “I wanted something new. [At the time] my ties with the streets were still pretty strong, and my social life involved drinking and fighting. I was ready for a change.” In Portland, he quickly became one of the most respected artists in the Northwest. Beginning in ’94, Crenshaw was the front man for the beloved Portland live Hip Hop band, Hungry Mob. In 2001, Crenshaw won The Portland Poetry Slam Championship and went on to finish as a national finalist.



WILLAMETTE VALLEY



**Hardy Plant Group**

## Chihuly Garden & Glass

Join us for a special presentation on this unique glass garden!  
with **Richard Hartlage** of Land Morphology, Seattle, WA

**Tuesday, January 13 • 7pm**

**\$5 Admission Members free Campbell Senior Center • 155 High Street • Eugene**

*Come Early for Book Sales & Plant Specimens • [www.thehardyplantgroup.org](http://www.thehardyplantgroup.org) • Info: 541-341-1715*



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**Monday – Saturday: 11 AM – 7 PM**  
**390 Coburg Road**  
**Eugene, OR 97401**  
**541.505.8740**





**OUTDOORS/RECREATION**

Church of Pinball, tournament, minor welcome, 3pm, Blairally, 245 Blair Blvd. \$5.

Final Table Poker continues. See Friday.

Yoga w/Dave from California continues. See Thursday, Jan. 8.

**SOCIAL DANCE** Cuban Salsa, 5pm lesson, 6pm social dance, Courtsports, 2728 Pheasant Blvd., Spfd. \$2 sug. don.

La Milonguita, Argentinian tango, no partner necessary, 5-7pm, Reach Center, 2520 Harris St. \$5 dance, watch for FREE.

USA Dance, ballroom dancing, tango lesson at 5pm, beginning lesson at 6pm, open dancing 7-9:30pm, Vet's Club, 1626 Willamette St. \$5-\$8.

Veselo Folk Dancers, weekly international folk dancing, 7-15-

10pm, In Shape Athletic Club, 2681 Willamette St., 683-3376. \$3.

**SPIRITUAL** Global Water Blessing Ceremony, noon, EWEB Plaza Fountain. FREE.

Zen Meditation Group, 5:30-7pm, Blue Cliff Zen Center, 439 W. 2nd Ave. FREE.

Interfaith Prayer Service International: One Jewel Reflecting Diverse Lights, 6:45-8pm, First Christian Church, 1166 Oak St. FREE.

Gnostic Mass Celebration, 8pm, Coph Nia Lodge OT0, 4065 W. 11th Ave. #43, info at cophnia-oto.org. FREE.

**VOLUNTEER** Burrito Brigade, help feed the hungry, noon, 336 Clark St. FREE.

**MONDAY**

**JANUARY 12**  
SUNRISE 7:45AM; SUNSET 4:56PM  
AVG. HIGH 46; AVG. LOW 33

**FILM** Teen Flicks Movie: *Guardians of the Galaxy*, rated PG-13, 4:30-6:30pm, Springfield Library, 225 Fifth St., Spfd. FREE.

Movie Night, 9pm, The City, 2222 MLK Jr. Blvd. FREE.

**GATHERINGS** League of Women Voters of Lane County Unit Meetings: 2015 Program Planning, 10am, South, 684-9127; 2pm, Harlow Road, 345-1200. FREE.

Eugene Lunch Bunch Toastmasters, noon, 101 W. 10th Ave., rm. 316. FREE.

Pine Needle Basket Guild, share ideas & techniques, 1:30-4pm, The Crafty Mercantile, 517 E. Main, Cottage Grove, call 514-0704. FREE.

Overeaters Anonymous, 5:30-6:30pm, Central Presbyterian Church, 555 E. 15th Ave. FREE.

Cascadia Forest Defenders, 5:30pm, Growers Market, 454 Willamette St. FREE.

Depression and Bipolar Support Alliance, peer support group, 7-8:30pm, First United Methodist Church, 1376 Olive St. FREE.

Auditory Art Extravaganza, bring art supplies, 7-11pm, Cush Cafe, 1235 Railroad Blvd. FREE.

Board Game Night, hosted by Funagain Games, 7pm, The Barn Light, 924 Willamette St., info at thebarnlightbar.com. FREE.

Jameson's Trivia Night, 7-9pm, 115 W. Broadway.

Marijuana Anonymous, 12-step meeting, 7-8pm, St. Mary's Church, 166 E. 13th Ave.

SASS Monday Night Drop-in

Group, for survivors of sexual assault, self-identified women 18+, 7-8:30pm, Sexual Assault Support Services, 591 W. 19th Ave. FREE.

Oregon Bus Club, 7pm, Hop Valley Brewing, 990 W. First Ave., see oregonbusclub.org. FREE.

Poetry Open Mic, 7pm, Granary Pizza, 259 East 5th Ave. FREE.

Trivia Night, 7pm, Webfoot, 839 E. 13th Ave. FREE.

Eugene Cannabis TV Recording Session, 7:30pm, CTV-29 Studios, 2455 Willakenzie Rd., contact dankbagman@hotmail.com. FREE.

Sin Night, bingo, trivia, karaoke & more, 7:30pm, Happy Hours, 645 River Rd. FREE.

Bingo, 9pm, Sam Bond's. FREE. Game Night, 9pm, Cowfish, 62 W. Broadway. FREE.

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, Cornucopia Bar & Burgers, 295 W. 5th Ave.

**LECTURES/CLASSES** iPad for Beginners, 5:30-7:30pm, downtown library. FREE.

**ON THE AIR** "The Point," 9-9:30am, KPOV 88.9FM.

**OUTDOORS/RECREATION** Pool Hall continues. See Thursday, Jan. 8.

Pinochle for Seniors continues. See Friday.

**SOCIAL DANCE** International Folk Dance Lessons, 2:30-4pm, Campbell Senior Center, 155 High St., 682-5318, \$0.25.

**SPECTATOR SPORTS** UO Ducks vs. Ohio State Buckeyes, CFP Championship, 5:30pm, ESPN TV.

West Coast Swing, lessons & dance, 7-10:30pm, The Vet's Club, 1626 Willamette St.

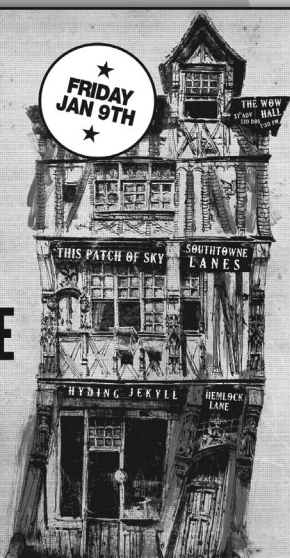
**WOW HALL**

★ THE COMMUNITY CENTER FOR THE PERFORMING ARTS PROUDLY WELCOMES: ★

**THIS PATCH OF SKY**

**SOUTHTOWNE LANES**  
**HYDING JEKYL**  
**HEMLOCK LANE**

DOORS 7:30 PM / \$7 ADVANCE / \$10 DOOR



★  
FRIDAY  
JAN 9TH  
★

**HENRY'S CHILD**

FROM SEATTLE  
**THE CRYING SPELL**

**SEVEN SECOND CIRCLE**

★  
SATURDAY  
JAN 10TH  
★



8:30 PM ★ \$10 ADVANCE ★ \$12 DOOR



★  
FRIDAY  
JAN 16TH  
★

**NORTHWEST ROYALE**

WITH DOMESHOTS + UTTERANCE

DOORS 7:30 PM ★ SHOWTIME 8:00 PM ★ TICKETS \$8 ADVANCE, \$10 DOOR



★  
THURSDAY  
JAN 22ND  
★

**W. KAMUBELL**  
**Oh Everything**

DOORS 7:00 PM  
SHOWTIME 8:00  
TICKETS:  
\$15 ADVANCE  
\$15 DOOR

**RL GRIME**

★  
SUNDAY  
JAN 25TH  
★



WITH SPECIAL GUESTS  
**LUNICE**  
**TOMMY KUISE**

**VOID TOUR**

DOORS 8:00 PM: SHOWTIME 9:00 ★ TICKETS \$18 ADVANCE, \$20 DOOR

**PARTICLE WINTER TOUR 2015**

★  
FRIDAY  
JAN 30TH  
★



DOORS 8:00 PM: SHOWTIME 9:00 ★ TICKETS \$15 ADVANCE, \$18 DOOR

**The EXPENDABLES**

★  
SATURDAY  
JAN 31ST  
★

DOORS 8:00 PM: SHOWTIME 9:00 ★ TICKETS \$18 ADVANCE, \$23 DOOR



BOB MARLEY BIRTHDAY CELEBRATION  
★  
FRIDAY  
FEB 6TH  
★  
FEATURING  
**NATURAL VIBRATIONS** | **JUNIOR REID**  
WITH SPECIAL GUEST  
**KARLOS PAEZ**  
(OF THE B-SIDE PLAYERS)

DOORS 8:00 PM  
SHOWTIME 9:00 PM  
TICKETS:  
\$17 ADVANCE  
\$20 DOOR

**COMING ATTRACTIONS**

JAN 18 **DUNDUN DANCE**  
**WITH ALSENY YANSANE**

JAN 23 **MEGAN JAMES**  
**OF PURITY RING (DJ SET)**

JAN 29 **MAD CADDIES**  
**& THE AGGROLITES**

FEB 4 **LAS CAFETERAS**

FEB 5 **JUCIFER**

FEB 7 **DENGUE FEVER**

8TH & LINCOLN ★ 687-2746 ★ TICKETS: CD WORLD, HOUSE OF RECORDS, UO TICKET OFFICE, TICKETWEB.COM, WOW HALL BOX OFFICE ★ WOWHALL.ORG ★ ALL AGES



It's time to share your visions ... of what an industrialized Pisgah would look like? Or not. The Seavey Loop neighbors who have been fighting to preserve the area's rural and farm-oriented qualities are calling upon opponents to Springfield's proposed UGB (urban growth boundary) to attend the city's "visioning workshops." Springfield says the goal for the College View UGB Study Area is to address "appropriate and realistic industrial and commercial development types, preservation of farm land and natural resources, accessibility, sustainability and environmental quality." Seavey Loop landowner Charles Stewart has been spearheading the "No Seavey Loop Industrial Zone" efforts, and he takes issue with Springfield's sudden announcement of the workshops in our Letters to the Editor this week. To find out more, go to noindustrialpisgah.org or attend one of the upcoming meetings.

Future Visions for the College View/South Franklin Corridor Workshop #1: Sharing Your Concerns and Ideas, 4pm and again at 5:30pm Wednesday, Jan. 14, Springfield Library Meeting Room, 225 Fifth St., Spfd.. FREE. Future meetings will take place on Jan. 21, 28 and Feb. 4; call Linda Pauly at 726-4608 for more info.



TUESDAY

JANUARY 13  
SUNRISE 7:45AM; SUNSET 4:57PM  
AVG. HIGH 46; AVG. LOW 33

**FOOD/DRINK** New Beer Release, 6pm, Oakshire Public House, 207 Madison St. FREE.

**GATHERINGS** Cascade Toastmasters, drop-ins welcome, 6:45-8:15am, Downtown LCC Campus 108, 101 W. 10th Ave., call 343-3743. FREE.

Church Women United Breakfast, 7am, Brails, 1689 Willamette St. FREE, breakfast extra.

League of Women Voters of Lane County Unit Meetings: 2015 Program Planning, 9:30am, Coburg, 342-2577. FREE.

Parkinson's Disease Support Group, 10:30am-noon, Campbell Community Center, 155 High St. FREE.

NAMI Connections, peer support group for people living with mental illness, 3:30-5pm, First United Methodist Church, 1376 Olive St. FREE.

City of Eugene Open House: Review & Comment on Urban Growth Boundary Expansion Recommendation, 4-6pm, Atrium Building, 99 W. 10th Ave. FREE.

"Black Lives Matter" Panel & Town Hall Discussion, 6pm, EMU Gumwood Room, UO. FREE.

Board Game Night, new players welcome, 6-11pm, Funagain Games, 1280 Willamette St., info at 654-4205. FREE.

Shuffleboard & Foosball Tournament, 6pm, The Barn Light, 924 Willamette St. FREE.

Gateway Toastmasters, drop-ins welcome, 6:30-7:45 pm, Northwest Community Credit Union, 3660 Gateway St., info at toddk.pe@gmail.com. FREE.

Industrial Workers of the World Meeting, 7pm, New Day Bakery, 449 Blair Blvd. FREE.

Adult Children of Alcoholics Meeting, 7-8pm, Santa Clara Church of Christ, 175 Santa Clara Ave., Santa Clara.

Local Talent Show, bring your talents, 7-10pm, Cush Cafe, 1235 Railroad Blvd. FREE.

Oakridge Bingo, proceeds go to local organizations, 7pm, Big Mtn. Pizza, 47527 Hwy. 58, Oakridge. \$5/4 cards.

Trivia Night, 7-9pm, LaVelle Tap Room, 400 International Way. FREE.

Trivia Night, includes prizes, 7pm, White Horse Saloon, 4360 Main, Spfd. FREE.

Co-Dependents Anonymous 12-step Meeting, 7-8pm, Valley Methodist Church, 25133 E. Broadway, Veneta. FREE.

Open Mic Poetry, 7:30pm sign-up, Cush Cafe, 1235 Railroad Blvd., call 393-6822. FREE.

Tricycle Races, 9pm, McShanes, 86495 College View Rd. FREE.

**LECTURES/CLASSES** One-on-One Computer Help, 3-4pm, downtown library, reg. at 682-5450. FREE.

Social Media: Keeping Up w/ the Grandkids, 6pm, downtown library. FREE.

Map & Compass Navigation Basics Class, 6:30pm, REI, 306 Lawrence St. \$50.

"Chihuly Gardens & Glass" w/ Richard Hartlage, 7pm, Campbell Community Center, 155 High St. \$5.

Cloth Diaper Demonstration Class continues. See Saturday.

**ON THE AIR** "The Point," 9-9:30am, KPOV 88.9FM. Anarchy Radio w/John Zerzan, 7pm, KWWA 88.1FM.

Taste of the World w/Wagoma continues. See Saturday.

**OUTDOORS/RECREATION** WREN Wetland Wander Special Lichen Walk, 9am, Bailey Hill Road, between 7th & 11th, 338-7047. FREE.

Scrabble for Seniors, 1-3pm, Campbell Community Center, 155 High St. \$0.25.

The Tap & Growler Running Group, all abilities welcome, 6pm, Tap & Growler, 207 E. 5th Ave., call 505-9751. FREE.

Tricycle Racing, cash & prizes for winners, 9pm, McShane's Bar & Grill, 86495 College View Rd. FREE.

Pool Hall continues. See Thursday, Jan. 1.

**SOCIAL DANCE** Eugene Folk Dancers, weekly international folk dancing, 6:45pm lessons, \$3; 7:45pm dance, \$3, Willamalane Adult Activity Center, 215 W. C St., Spfd., 344-7591.

**SPIRITUAL** "The Power of Buddha's Wisdom" w/H.E. Dzogchen Khenpo Choga Rinpoche, 7-9pm, Valley River Inn, 1000 Valley River Way. FREE.

Relationship w/Sacred Texts, instructional classes based on text by Dogen, 7-9pm, Eugene Zendo, 2190 Garfield St., call 302-4576. FREE.

WEDNESDAY

JANUARY 14  
SUNRISE 7:45AM; SUNSET 4:59PM  
AVG. HIGH 46; AVG. LOW 33

**BENEFITS** Oakshire Inspires for Eugene Hearing & Speech Center, 11am-10pm, Oakshire Public House, 207 Madison St. Don.

**FARMERS MARKETS** The Corner Market, fresh local produce, noon-6pm, 295 River Rd., 513-4527.

Sweetwater Farm Stand, fresh farm produce, products & recipes, 4-6pm, 1243 Rainbow Dr.

Coast Fork Farm Stand continues. See Saturday.

**FILM** Willamalane Adult Activities Movie Appreciation Group: *The Princess Bride*, 1pm, 215 W. C St., Spfd. FREE.

International Film Night, 7-10pm, Cush Cafe, 1235 Railroad Blvd. FREE.

**GATHERINGS** League of Women Voters of Lane County Unit Meetings: 2015 Program Planning, 10am, East Eugene, 342-8243; noon, Springfield Chamber of Commerce, 344-3430; 2pm, Creswell/Cottage Grove, 942-7676; 3pm, SW Eugene, 343-4728. FREE.

Peace Vigil, 4:30pm, 7th & Pearl. FREE.

Asperger's Support Group, 6-8pm, The Bernadette Center, 1283 Lincoln St. FREE.

Co-Dependents Anonymous, women-only 12-step meeting, 6-7pm, St. Thomas Episcopal Church, 1465 Coburg Rd. FREE.

NAMI Connections Support Group for individuals w/mental illness, 6pm, NAMI Office, 76 Centennial Loop., Ste A, 209.

Co-Dependents Anonymous, men-only 12-step meeting, 7-8pm, McKenzie Willamette Hospital, 1460 G St., Spfd. FREE.

Trivia Night, 7pm, Sharkeys Pub & Grill, 4221 Main St., Spfd. FREE.

Trivia Night, 7pm, 16 Tons, 29th & Willamette St. FREE.

Trivia Night, 7-9pm, The Cooler, 20 Centennial Loop. FREE.

Bingo Night, 8pm, Rogue Public House, 844 Olive St. FREE.

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, Starlight Lounge, 830 Olive St. FREE.

Beer Pong, 9pm, B & B Lounge, 213 N. Front St., Creswell. FREE.

**KIDS/FAMILIES** Lapsit Storytime, ages birth-3 w/adult, 10am, Springfield Library, 225 5th St., Spfd. FREE.

Preschool Storytime, ages 3-6, 10am, Springfield Library, 225 5th St., Spfd. FREE.

Toddlers' Storytime, 11am, Barnes & Noble, 1163 Valley River Dr. FREE.

Sensory Storytime, for children w/sensory integration needs w/caregivers, 1pm, downtown library, info at 682-8316. FREE.

Family Board Game Night, 6pm, Castle of Games, 660 Main, Spfd. FREE.

Whimsical Wednesday Storytime, 6:30pm, Barnes & Noble, 1163 Valley River Dr. FREE.

**LECTURES/CLASSES** Mobile Genealogy, all smart devices welcome, 2:30-4:30pm, downtown library. FREE.

Medicare Made Clear, 5pm, The Oregon Insurance Lady, 333 W. 10th Ave., rsvp to 222-9020. FREE.

**ON THE AIR** "The Point," 9-9:30am, KPOV 88.9AM.

**OUTDOORS/RECREATION** Obsidians: Hike Amazon Headwaters/Spencer Butte, 6.2 miles; Hike North Fork Willamette, 5 miles, reg. at obsidians.org.

Chess for Seniors, 9am-noon, Campbell Community Center, 155 High St. \$0.25.

Bike Riding for Seniors, weekly in-town rides, helmets required, 9:30am, from Campbell Center, 155 High St., reg. 682-5218. FREE.

Accessible Aquatics, swimming classes for individuals with disabilities, 10am, Amazon Pool, 2600 Hilyard St. \$7.

Foursome Bridge for Seniors, noon-3:30pm, Campbell Community Center, 155 High St. \$0.25.

Cribbage for Seniors, 12:30-3pm, Petersen Barn Community Center, 870 Berntzen Rd. \$0.25.

Bingo for Seniors, 1-4pm, Campbell Community Center, 155 High St. \$0.25.

Pinball Tournament, 21+, 8pm, Blairlly Vintage Arcade, 245 Blair Blvd., info at 335-9742. FREE.

Pool Hall continues. See Thursday, Jan. 1.

**SOCIAL DANCE** Scottish Country Dance w/Robert & Leone, all dances taught, 7-9pm, Santa Clara Grange, 295 Azalea, info at 935-6051. \$15/month.

**SPIRITUAL** Open Heart Meditation, 12:30-1pm, Unity of the Valley, 3912 Dillard Rd., 344-0458. FREE.

THURSDAY

JANUARY 15  
SUNRISE 7:44AM; SUNSET 5:00PM  
AVG. HIGH 46; AVG. LOW 33

**ARTS/CRAFTS** Open Clay Studio, 3-5pm, The Crafty Mercantile, 517 E. Main, Cottage Grove, call 514-0704. Don.

**GATHERINGS** Grand Opening of Willamette Family's Rapid Access Center & Medical Clinic, new on-site medical clinic offering same-day treatment for behavioral health, 4-6pm, Rapid Access Center, 195 W. 12th Ave. FREE.

Game Night/Chess Night, 5-9pm, Cush Cafe, 1235 Railroad Blvd. FREE.

Hearing Voices & Extreme States Support Group, 6pm, First United Methodist Church, 1376 Olive St. FREE.

Board Game Night continues. See Thursday, Jan. 8.

Doc's Pad Drag Queen Bingo continues. See Thursday, Jan. 8.

Downtown Toastmasters continues. See Thursday, Jan. 8.

Eugene Metro Business Networking International continues. See Thursday, Jan. 8.

McKenzie Milky Mamas continues. See Thursday, Jan. 8.

Trivia Night continues. See Thursday, Jan. 8.

**KIDS/FAMILIES** Preschool Fun w/Art & Science: Black & White & Read All Over, crafts, ages 3-6, 10:30-11:15am, Springfield Library, 225 Fifth St., Spfd. FREE.

Baby Pop Music w/Stardust continues. See Thursday, Jan. 8.

Wonderful Ones Storytime continues. See Thursday, Jan. 8.

**LECTURES/CLASSES** Retired Senior Providers of Lane County: "Inside the Egan Warming Centers" w/coordinator Bill Winkley, 2pm, Sheldon Oaks Retirement, 2525 Cal Young Rd. FREE.

Adults: Learn to Hula, 2:30pm, downtown library. FREE.

Small Business Clinic: Ask the Experts, one-on-one advice, 5-7pm, downtown library, reg. at 682-5450. FREE.

UO Art Dept. Visiting Artist Lecture: Meg Cranston, 6pm, 115 Lawrence, UO. FREE.

Eugene Astronomical Society Telescope Workshop & Astronomy Discussion, 7-8:30pm, Science Factory Planetarium, 2300 Leo Harris Pkwy. FREE.

Beyond Separation continues. See Sunday.

**ON THE AIR ON THE AIR** "The Point," 9-9:30am today & Thursday, Dec. 25, KPOV 88.9FM.

"Arts Journal," current local arts, 9-10pm today & Thursday, Dec. 25, Comcast channel 29.

**OUTDOORS/RECREATION** Drop-in Kayaking continues. See Thursday, Jan. 8.

Mahjong for Seniors continues. See Thursday, Jan. 8.

Pool Hall for seniors continues. See Thursday, Jan. 15.

Team Run Eugene continues. See Thursday, Jan. 8.

Walk with Us continues. See Thursday, Jan. 8.

**SOCIAL DANCE** Music & Dance Workshops w/Taller de Son Jarocho, 7-9pm, American Legion Hall, 344 8th St., Spfd. FREE.

Square Dancing, Sam Bucher teaching & calling, 7-9pm, Willamalane Adult Activity Center, 215 W. C St., Spfd. \$3.

Crossroads Blues Fusion Dance, 7:30pm lesson, 8:30-11:30pm dance, Ballet Northwest Academy, 380 W. 3rd Ave., see crossroadsbluesfusion.com. \$5.

Hot Mamma's Club continues. See Thursday, Jan. 8.

**SPIRITUAL** Zen West Speaker: Catherine Kenshin of Bird Haven Zendo, 7:30-9pm, Universalist Unitarian Church, 1685 W. 13th St. Don.

**THEATER** *A Bright New Boise* continues. See Friday.

**VOLUNTEER** Care for Owen Rose Garden, bring gloves & small hand-weeding tools, instruction provided, noon-3pm today & Thursday, Dec. 25, end of N. Jefferson St., 682-5025.

CORVALLIS AND SURROUNDING AREAS

**FRIDAY, JAN. 9:** OSU Board of Trustees Finance & Administration Committee Meeting, 4-5pm, Kerr Admin. Bldg., OSU. FREE.

**SATURDAY, JAN. 10:** Corvallis Farmers Market, 9am-1pm, 1st & Jackson. FREE.

Benefit Concert for Lina, 8-11pm, Squirrel's Tavern, 100 SW 2nd St. \$5-\$15.

**WEDNESDAY, JAN. 14:** Corvallis Farmers Market, 9am-1pm, 1st & Jackson.

**THURSDAY, JAN. 15:** OSU Discovery Lecture Series: Cheryl Strayed, author of *Wild*, 7:30pm, LaSells Stewart Center, OSU. FREE.

ATTENTION OPPORTUNITIES

A Joy of Hula community dance will be held one day a week for four weeks starting 4:30pm Friday, Jan. 9 at River Road Parks & Rec, 1400 Lake Dr. Cost is \$55 for the session; register at 603-4393.

Auditions for Applegate Regional Theatre's production of *You're a Good Man, Charlie Brown* will be held 7pm Thursday, Jan. 8, and 3pm Saturday, Jan. 10, at the ART, Inc. Theater, 87230 Central Rd., Veneta. For further information, email art-inc@hotmail.com or call 935-3636.

Boy Scout Troop 182 in Santa Clara is picking up and recycling Christmas trees each weekend until Jan. 18. Pickups are available in Eugene and Springfield as well as the city limits of Veneta, Harrisburg and Junction City. A \$10 minimum is requested per tree. No flocked trees. To request a tree pickup, call 514-2987, email to boy scout-troop182@gmail.com or visit ScoutTroop182.org and click on Christmas Tree Pickup.

The Around Oregon Annual exhibit is open to artists living in all parts of Oregon. This exhibition recognizes the quality and diversity in creative expression of artists throughout Oregon. The Around Oregon Annual also recognizes and encourages excellence by awarding cash prizes, thoughtfully selected from the actual work. Submission guidelines are online at wkly.ws/1vl.

Eugene Recreation is offering 23 one-day, try-for-free exercise and movement classes as part of Fitness Week, now through Jan. 14. The classes are free, but pre-registration is required. Register online at wkly.ws/1vm or call 682-6393.

# GALLERIES

## OPENINGS/RECEPTIONS

**Emerald Art Center** Oregon Glass Guild visiting artists, reception 5-8pm Friday, Jan. 9; also work by Marc Banville, through Jan. 30. 500 Main St., Spfd.

**Fairbanks Gallery** “(in)Tangible Being,” work by Sang-ah Choi, opening reception 4:30-5:30pm Wednesday, Jan. 14, runs through Feb. 4. OSU campus, Corvallis

**Florence Events Center Gallery** Gene Olson Retrospective, opening reception 5:30-7:30pm Friday, Jan. 9. 715 Quince, Florence

**Maude Kerns Art Center** “A Color Runs Through It: Textile Group Show,” opening reception 6-8pm Friday, Jan. 9, runs through Feb. 6. 1910 E. 15th

**O'Brien Photo Imaging Gallery** “Transformation,” photography by Roka Walsh, opening reception 3-6pm Saturday, Jan. 10, runs through March 12. 2833 Willamette

**Schrager & Clarke Gallery** The Resale Show, work from local collections, opening reception 4-6pm Saturday, Jan. 10, runs through Feb. 14. 760 Willamette

**Springfield Second Friday Art Walk** “Last Ever Flashlight Guided Art Walk,” various locations in downtown Springfield, begins 5:30pm Friday, Jan. 9, at City Hall, 225 N. Fifth St., Spfd

**Tsunami Books** “Michael’s World: A live photographic adventure with Michael T. Williams,” art opening 5-8pm Friday, Jan. 9, runs through Jan. 31. 2585 Willamette

## CONTINUING

**16 Tons Cafe** “Orbital Connections,” work by David CP Placencia. 2864 Willamette

**50/50 Tanks & Tees** “Shibui,” mixed-media work by Travis Kerr, through Feb. 5. 277 W. 8th

**Art & Jones Infusion Gallery** Acrylic paintings by Sophie Navarro. 790 Willamette

**Atrium Building** “Letting Go,” photography by Samuel Gehrke. 44 W. Broadway

**Aurora Gallery & Tattoo** Work by Mat Casey, Wendi Kai & Max Von K. 304 E. 13th

**B2 Wine Bar** “Into 2015,” work by Richard L. Quigley. 2794 Shadow View

**Benton County Historical Museum** “Joy to the World,” work by Jennifer Lommers, Jan Maitland & Jan Roberts-Dominguez, through Jan. 25. 1101 Main St., Philomath

**Bernadette Center** “Music in its Many Forms,” work by Ellen Gabehart. 1283 Lincoln

**Bonnie at Play** “Ceramic Sculpture” by Bonnie King. 1082 W. 2nd — upstairs

**Café Soriah** Pastel paintings by Kate McGee, through Jan. 15. 384 W. 13th

**The Crafty Mercantile** Jewelry by Michele Rose. 517 E. Main St., Cottage Grove

**David Joyce Gallery** “Farm to Table,” work by various artists. LCC Campus

**Downtown Library** Paintings by Lyla Messick & animal masks by Brendan McCullough. 100 W. 10th

**ECO Sleep Solutions** Work by Tylar Merrill, Annie Heron, Lybi Thomas, Mari Livie, Cedar Caredio & Stephen White. 25 E. 8th

**Eugene Piano Academy** “Can You See Us Now?” Exhibit featuring works of HIV Alliance clients in celebration of World AIDS Day. 507 Willamette

**Full City High St. Cafe** Work by Tamara Hughes, through Jan. 18. 295 E. 13th

**Full City Pearl St. & Palace Bakery** Work by Jasmine Daniels through Feb. 1; Cheryl Camelio through Jan. 25; Keith Munsun through Jan. 18; Leonie Daniels through Jan. 11. 842 & 844 Pearl

**Gallery at the Watershed** “World Sketches by Ken O’Connell & Fellow Travelers,” through Jan. 18. 321 Mill

**GlassRoots** “Cosmic Spray,” spray paint works by Justin Bailey. 980 W. 5th

**Harlequin Beads & Jewelry** Work by local artists. 1027 Willamette

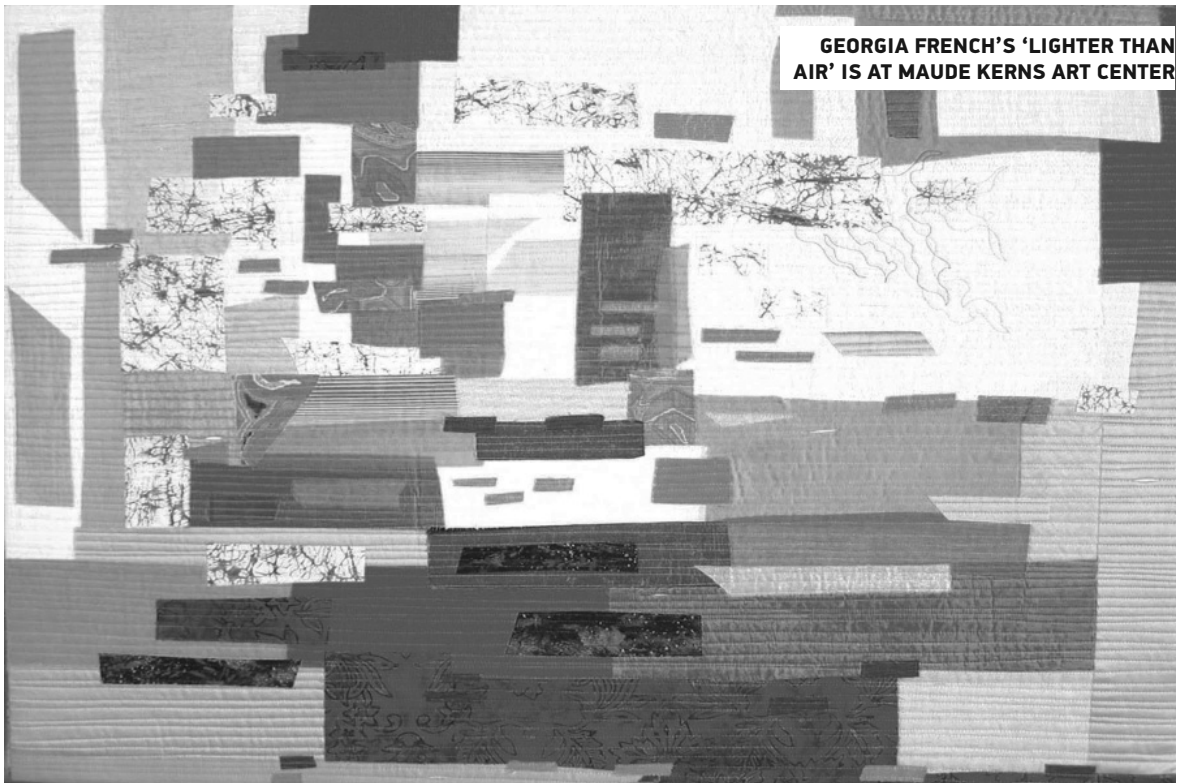
**Heritage Dry Goods** Work by Milla Oliveira. 861 Willamette

**InEugene Real Estate** Work by photographer Tracy Sydor. 100 E. Broadway

**Jacobs Gallery** “Small Pleasures Invitational,” work in a variety of mediums, through Jan. 17. Hult Center

**Jazz Station** Pastels by Anna Horrigan. 124 W. Broadway

**Jordan Schnitzer Museum of Art** “Under Pressure: Contemporary Prints from the Collections of



GEORGIA FRENCH’S ‘LIGHTER THAN AIR’ IS AT MAUDE KERNS ART CENTER

Jordan D. Schnitzer & his Family Foundation,” through March 29, 2015; “The Word Became Flesh: Images of Christ in Orthodox Devotional Objects,” through June 21, 2015; “10 Symbols of Longevity & Late Joseon Korean Culture” & “Elegance & Nobility: Modern & Contemporary Korean Literati Taste,” through March 15, 2015. UO Campus

**Junk Monkey** Original oil paintings by Jonathan Short. 47581 Hwy 58, Oakridge

**Kenneth B Gallery** “Living on the Edge,” work by Liz Johnson. 1458 First St., Florence

**Koho Bistro** Paintings by Shannon Knight, through January 2015. 2101 Bailey Hill

**Lane County Historical Museum** “What If Heroes Were Not Welcome Home?” examining experience of Japanese-American vets from Hood River returning home after WWII. 740 W. 13th

**LCC Art Gallery** “a (sort of) retrospective: 45 years of photography,” work by Dan Welton; “Generous,” ceramics by Chicago-based artist Leanne McClurg Cambric, through Feb. 12. 4000 E. 30th

**Lincoln Gallery** “LAYERED,” group exhibit by artists at OSLP Arts & Culture Program; also works by Andrea Ros. 309 W. Fourth

**MECCA** Student-led show w/Beth Kruziki. 449 Willamette

**MODERN** “Fresh! The Art of Modern Jewelry Design,” work produced by UO students. 207 E. Fifth

**New Zone Gallery** “Native Coastal Woods,” work by Robert Horner & “High and Dry,” photos by Art Kennedy. 164 W. Broadway

**Noisette Pastry Kitchen** Photographs by Elle Sullivan. 200 W. Broadway

**Oakshire Brewing** “In the Details,” drawings by Julia Holtzman, through Jan. 30. 207 Madison

**The Octagon** Work by Tom S. Clark. 92 E. Broadway

**Off the Waffle** “Seasons,” work by Sarina Dorie & Robert Murphy, through Jan. 31. 840 Willamette

**OH SO JO** Work by Anne Wilson, Shelley Roenspie & Jo Morton. 299 E. Fifth

**Oregon Art Supply** “The Memory Collection,” work by Lynn Ihsen Peterson. 1020 Pearl

**Oregon Wine Lab** Etching prints by Anya Dikareva. 488 Lincoln

**Pacific Rim** “Begin Again,” reworked pieces by guild members; also work by Gene Burks, Gene Hall, EmmaLou Sharff & Nancy Frances Cheeseman. 160 E. Broadway

**Passionflower Design** “The Art of the Pantry,” holiday shop curated by regional artisans. 128 E. Broadway

**Rainbow Optics** Paintings by Jerry Ross, through Jan. 15. 762 E. 13th

**Raven Frame Works** “My Curious Camera,” photos by photojournalist John Macauley, 1959-71. 325 W. Fourth

**Route 5** “The West: Romance of the Frontier,” photographs by Dmitri von Klein. 248 E. Fifth

**Sam Bond’s Brewing Co.** “Put a Number on It,” multimedia work by Cathy Kapelka, Sage England & Douglas Keilitz, through Jan. 30. 540 E. 8th

**Springfield City Hall** Work by Patricia Donohue, Kristina Stewart & Don Gustavson. 225 Fifth St., Spfd

**Townshend’s Tea House** Work by Peter Licavoli. 41 W. Broadway

**UO Museum of Natural & Cultural History** “Explore Oregon: 300

Million Years of Northwest Natural History”; “Site Seeing: Snapshots of Historical Archaeology in Oregon”; “Oregon: Where Past is Present: 10,000-year-old shoes & other wonders”; “Tradition Keepers: Celebrating Contemporary Native American Artists”; & highlights of the Jensen Arctic Exhibit. UO Campus.

**Urban Lumber Co.** “Pressing the Grain,” prints by Josh Krute. 28 E. Broadway

**Urban Therapeutic** Abstract collection of amateur pieces celebrating the New Year. 749 Willamette

**Vistra Framing & Gallery** “Vistra’s Own,” art by Lynn Ihsen Peterson, Diane Lewis, Patricia Carroll & Sadie Smith. 160 E. Broadway

**Wandering Goat** “Astrology & Catastrophe,” work by Stirling Gorsuch, through Jan. 29. 268 Madison

**Wild Birds Unlimited** Photography by Greg Giesy. 2510 Willamette

**WOW Hall** Work by Anna Helena Jackson. 291 W. Eighth

# ARTS HOUND

*Sniffing out what you shouldn’t miss in the arts this week*

Grab your flashlights! The Eugene Springfield Art Project (ESAP) is hosting the “**Last Ever Flashlight Guided Art Walk**” 5 pm Friday, Jan. 9, in downtown Springfield on Main Street.

“We’re calling it the last ever flashlight led art walk due to the city of Springfield’s upcoming installation of lighting on Main Street. ESAP has been sponsoring at least one flashlight guided art walk every year since December 2010. We even provide flashlights for those that don’t bring them,” writes Paula Goodbar, Co-President of ESAP. Media artist Terry Holloway will host, with his performance troupe The Fuzzy Buys in tow, and the evening will conclude with “Song of My Cyborg Self,” a collection of video projections outside Springfield City Hall inspired by the Walt Whitman poem, “Song of Myself.”

15 Minutes: Bravo’s latest reality creation, or “social experiment,” **Friends to Lovers?** encourages longtime friends to dive into romance. For the 10 pm premiere Monday, Jan. 12, Eugene native **Darion Lowenstein**, now based in L.A. and a VP of game development, tries his luck with old pal Charley Walters.

The **2014-2015 Wayne Morse Chair**, Brown University Professor and Chair of Modern Culture and Media **Wendy Hui Kyong Chun**, will give her talk “From Publics to Networks” at 6 pm Thursday, Jan. 15, at the UO’s Allen Hall, Room 141. Chun has authored books *Control and Freedom: Power and Paranoia in the Age of Fiber Optics* and *Programmed Visions: Software and Memory*.



CHAIN AND THE GANG

Music Notes: At Sam Bond’s on Friday night, Jan. 9, fans of folk will get to see three different spins on the genre (from rock to roots to indie) with Eugene’s **Alder Street** and **Douglas County Daughters** joined by Portland’s **Mount Joy**. Over at The Jazz Station Jan. 9, it’s the “**Best of Our Love**” **Motown Revue** with vocalist Nancy Evergreen, Joanne Broh, Darline Jackson and company performing hits like “Your Love Is Lifting Me Higher” and “I Can’t Help Myself.” Behavior Castle brings back “anti-liberty” punk rock ‘n’ rollers **Chain and The Gang** and psychedelic rockers **The Shivas** for an all-ages show 7 pm Tuesday, Jan. 12, at The Barn Light.





# SNOW BALLS

A moment of panic leads to domestic chill in *Force Majeure*

At the heart of most Hollywood films, from *The Wizard of Oz* to *World War Z*, is some perceived threat to the domestic tranquility of the nuclear family. Whether it's a tsunami, invading aliens or a stampeding horde of zombies, the danger that rattles our cinematic daydreams is the impending chaos of social disintegration, and it typically befalls an unlikely hero (usually dad, sometimes mom) to suddenly acquire a spine and ward off the forces of evil. Such neat and handy acts of transference — family dysfunction is a bitch, let's save the world instead — are the restorative fairy tales by which we live.

In *Force Majeure*, Swedish director Ruben Östlund completely inverts the heroic formula of an imperiled family discovering salvation in the overcoming of disaster, resulting in a tight, precise portrait of bourgeois despair that is by turns hilarious and disturbingly itchy. A young, attractive, well-to-do Swedish family, Tomas (Johannes Kuhnke) and Ebba (Lisa Loven Kongsli) and their kids, Harry (Vincent Wettergren) and Vera (Clara Wettergren), are on a skiing vacation in the French Alps. As they are enjoying lunch on the veranda one day, a controlled avalanche, set off by explosives to prevent larger catastrophes, begins gaining momentum, creating a panic among the customers: Ebba jumps to protect the children, while Tomas snatches his cell phone from the table and runs like hell.

Disaster is averted; the avalanche was all sound and fury, signifying a cloud of snow that disperses slowly to reveal a family deserted by its presumed patriarch. Tomas returns, nervously, to the table, acting as though nothing happened, but both he and Ebba know the truth — he fled in terror, and whether that act reveals a survival instinct of the reptilian brain or, rather, some essential cowardice lurking in his character, the damage has been done. Expectations have been shattered, including Tomas' own masculine expectations of himself as the protective head of the family.

*Force Majeure* plays out as one long aftermath of a single spontaneous decision, as husband and wife — joined on vacation by Tomas' old friend Mats (Kristofer Hivju) and his 20-year-old girlfriend, Fanni (Fanni Metelius) — negotiate the meaning of what happened. The cinematography is gorgeous, with vast fields of snow and majestic peaks providing the background to a game of romantic brinksmanship, wherein one couple struggles to find equilibrium based on the revelation of suprising new information about each other. And, like avalanches, they find their own disasters hard to control. (*Bijou Metro*)

## Big Eyes

Tim Burton's *Big Eyes* falls firmly into the you-can't-make-this-stuff-up camp, which seems appropriate for a director best known for making all kinds of wonderful things up. In broad strokes and small details, family drama and art-world slyness, *Big Eyes* explores how Walter Keane (Christoph Waltz), a conniving would-be artist, convinced his painter wife, Margaret (Amy Adams), that no one would be interested in a woman's art. Burton's shiny, eerie, loving film is earnest and wry, its tone a cinematic reflection of the pop allure and moodiness of Margaret's paintings. (*Regal Valley River & Cinemark 17*)

## The Babadook

Who — or, rather, what — is the Babadook? And why is it that, once you let the Babadook in, you can never get rid of it? The story, which draws on Victorian horror themes of domestic strife and loss of identity as well as from classic scary movies like *Let the Right One In* and *Rosemary's Baby*, is fairy-tale simple: A struggling single mother, Amelia (the excellent Essie Davis), is losing her grip on life. As Amelia reads to her son Samuel from a previously unnoticed book on their bookshelf — *Mister Babadook* — a sinister threat takes hold of mother and child: The pop-up storybook, about an insidious shadow creature who stalks the darkness, seems to immediately insinuate itself into the fabric of their lonely lives. With *The Babadook*, director Jennifer Kent taps a primal vein of parental anxiety — can I protect my child? And, worse, can I protect my child against my own darkest impulses?

## Birdman

*Birdman* rests squarely on the shoulders of one put-upon fellow: Actor-writer-director Riggin Thomson (Michael Keaton) is struggling to open a Broadway adaptation of Raymond Carver's "What We Talk About When We Talk About Love." He's got all the normal problems — needy actors, budgetary concerns — as well as an alter ego that speaks to him in the form of Birdman, the superhero character with which he made his name (as Keaton himself did with *Batman*), years ago. Foul-mouthed and hateful, Birdman is that voice in your ear that tells you you're a failure, a fraud, washed-up, worn-out, worthless; that this arty stuff isn't what anyone cares about. But the false dichotomy of art versus entertainment is just a distraction, a spare idea the film tosses in and then leaves alone. The only conflict it's really interested in is one man versus himself: the part that soars and the part that's always looking down, aware how far there is to fall. (*Bijou Metro*)

**BIJOU**  
ART CINEMAS

Showtimes  
January 9-15  
492 E. 13th Ave.  
bijou-cinemas.com

THE IMITATION GAME	1:50, 4:25, 7:00, 9:30
THE INTERVIEW	Fri-Sat 8:00, 10:30 Su-Tu 8:00 Wed 10:00 Thu 8:00
THE THEORY OF EVERYTHING	Fri-Tu 2:40, 5:20 Wed 2:40 Thu 2:40, 5:20

Showtimes and info: 541-686-2458

**BIJOU METRO**

43 W. Broadway  
bijou-cinemas.com

Ninkasi Brewing presents THE BABADOOK	Fri-Sat 7:40, 10:15 Sun 10:15 Mo-Thu 7:40, 10:00
BIRDMAN	1:40, 4:20, 7:00, 9:35
CITIZENFOUR	2:40, 5:10
FORCE MAJEURE	1:45, 4:25, 7:00, 9:40
THE HOMESMAN	Fri-Sun 12:00, 2:15, 5:00, 7:40 Mo-Thu 2:15, 5:00, 7:40, 10:10
Izakaya Meiji Company presents Bijou Retro Anime: PONYO (2009)	Fri-Sat 12:00 (dub) Sun 12:00 (dub), 7:35 (sub)

Bijou Classic Series presents  
**QUENTIN TARANTINO:**  
NATURAL BORN KILLERS 9:50pm Jan 9-11  
FROM DUSK TILL DAWN Jan 16-18  
INGLOURIOUS BASTERDS Jan 23-25  
KILL BILL: VOLUME I Jan 30-Feb 1  
KILL BILL: VOLUME II Feb 6-8  
...and many more!

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# MUSIC LISTINGS

## THURSDAY <sup>1/8</sup>

**AXE & FIDDLE** Coty Hogue—8pm; Americana, folk, n/c  
**B&B LOUNGE** Karaoke—9:30pm  
**BARN LIGHT** Karaoke—9pm; n/c  
**THE COOLER** Karaoke—10pm  
**COWFISH** Fusion w/Dee Jay Sipp—9pm; Club, hip hop, R&B, n/c  
**EL TAPATIO CANTINA** Karaoke—8pm; n/c  
**JAZZ STATION** Tyler Abbott Quartet—7:30pm; Classic jazz, \$6-\$8  
**KOWLOON'S** Karaoke under the Stars—10pm; n/c  
**LUCKEY'S** Thursday Funk Night—9:30pm; Open jam, \$2  
**MAC'S** The Traceys—7pm; Americana, blues, acoustic, n/c  
**MAX'S** DJ Victor—10pm; n/c  
**OAKSHIRE PUB** Will Brown—5pm; Acoustic guitar, n/c  
**THE OLD PAD** Karaoke—9pm; n/c  
**OVERTIME TAVERN** West Side Blues Jam—8:30pm; Open jam, n/c  
**REALITY KITCHEN** Acoustic Reality—5pm; Open mic, n/c  
**RESTO BAR** Steven McVay—5pm  
**SAM BOND'S GARAGE** Dead Winter Carpenters, AleXANDER—9pm; Americana, \$7  
**SIDEBAR** Jesse Meade—8pm; n/c  
**TAP & GROWLER** Gumbo Groove—7pm; Fungrass, n/c  
**WANDERING GOAT** Badr Vogu, Septic Burial—8pm; Sludge, death, don.  
**FRIDAY <sup>1/9</sup>**  
**5TH ST. CORNUCOPIA** Buffalo Romeo—9:30pm; Blues, n/c  
**AXE & FIDDLE** Jared Evers, Mellow Yellow, Sam Densmore—8:30pm; Singer/songwriter, electro soul, \$5  
**BLAIRALLY ARCADE** '80s Night w/Chris, Jen & John—9pm; Vinyl, \$3  
**THE BLIND PIG** Karaoke w/Jim Jim—9pm  
**COWFISH** Freek-Nite w/Spoctor Shmock aka The Audio Schizophrenic—9pm; Juke, EDM, house, \$3-\$5  
**D'S DINER** Karaoke—9pm; n/c  
**EL TAPATIO CANTINA** Karaoke w/KJ Rick—9pm; n/c  
**THE GREEN ROOM** Electric Weekends w/DJ Stephen Rose—9pm; Electro house, dub-step, n/c  
**HAPPY HOURS** Christie & McCallum—8:30pm; Americana, n/c  
**HILTON HOTEL** Aftermath—7pm; Jazz, n/c  
**JAZZ STATION** "Best of Our Love" Motown Revue—8pm; \$8-\$10  
**JERSEY'S** Karaoke—9pm; n/c  
**LEVEL UP** DJ food stamp—9pm; Rap, breaks, soul, n/c  
**LUCKEY'S** Era Coda, Children, The Great Hiatum, Hamilton Beach—9:30pm, \$5

**MAC'S** NattyBone—8pm; Rock, blues, funk, \$5  
**MULLIGAN'S** Kevin James Pertinen—8:30pm; Folk, rock, blues, n/c  
**THE O BAR** Karaoke—10pm

**OAKSHIRE PUB** The Killer Bs—5pm; n/c  
**O'DONNELL'S** Karaoke—9pm  
**PIZZA RESEARCH INSTITUTE** Olem Alves Duo—6:30pm; n/c  
**PORKY'S PALACE** Karaoke—8pm

**RAVEN A PUB** Karaoke—9pm  
**SAGINAW VINEYARD** RichieG & MA Beat—6pm; Americana, n/c  
**SAM BOND'S GARAGE** Alder Street, Douglas County Daughters, Mount Joy—9:30pm; Americana, roots, \$6  
**TRACKSTIRS** Karaoke—9pm; n/c  
**WANDERING GOAT** Moses Nose—8pm; Rock, don.  
**WHITE HORSE SALOON** Karaoke—9pm; n/c

**WOW HALL** This Patch of Sky, Hyding Jeckyll, Hemlock Lane, Southtowne Lanes—8pm; Hard rock, \$7 adv., \$10 door

## SATURDAY <sup>1/10</sup>

**5TH ST. CORNUCOPIA** Mystery Train—9:30pm; n/c  
**ATRIUM BUILDING** The Fantazia Consort—2pm; Early music, n/c  
**AXE & FIDDLE** Hot Club Eugene—8:30pm; Swing, \$5  
**B&B LOUNGE** Karaoke—9:30pm

**COWFISH** Sup! w/Michael Human—9pm; Trap, hip hop, twerk, \$3-\$5  
**DOC'S PAD** Evolve Saturdays—9pm; EDM, hip hop, n/c  
**DUCK INN** Karaoke—10pm  
**EL TAPATIO CANTINA** DJ & Dance Music—9pm; n/c  
**EMERALD PARK COMMUNITY CENTER** F.U.N. Ukulele Jam—10:30am; Community music social, all levels, \$5  
**EUGENE HOUSE CONCERT** Brian Laidlaw—8pm; Americana, folk, contact EdenHouseEugene@gmail.com, \$4-\$20  
**GRANARY** Reigning Fractals—9:30pm; Psychedelic, \$1-\$5  
**LEVEL UP** DJ Rock 'n' Roll Damnation—9pm; '70s & '80s rock, heavy metal; n/c  
**LUCKEY'S** Mellow Yellow, All You All—10pm; \$5  
**MAC'S** Heavy Chevy—8pm; Blues, soul, rock, \$5  
**NEW MAX'S TAVERN** Back to School Rock 'n' Roll Bash w/Beau Teak—9pm; \$3  
**OAKSHIRE PUB** Acoustic Bent—5:30pm; Rock, n/c  
**POUR HOUSE** Karaoke—9pm  
**QUACKER'S** Ladies Night & DeeJay—9pm; n/c  
**RAVEN A PUB** Karaoke—9pm  
**SAM BOND'S GARAGE** Samsel & the Skirt, Anna Gilbert, Harper—9:30pm; Alt-country, \$6  
**SPRINGFIELD VFW** McKenzie Express—7pm; n/c  
**TAYLOR'S BAR & GRILLE** DJ Crown—10:30pm; Hip hop, dance, n/c  
**TRACKSTIRS** Karaoke—9pm; n/c  
**TSUNAMI** Open Mic Poetry & Jazz—6:30pm; \$5-\$10  
**WANDERING GOAT** VCR, Growl, Holler House—8pm; Rock, \$5  
**WESTEND TAVERN** Karaoke—9pm; n/c  
**WHITE HORSE SALOON** Karaoke; Code Red—9pm; n/c  
**WILLAMETTE HIGH SCHOOL** Emerald Valley Opry—6pm; Country, bluegrass, \$3-\$6  
**WOW HALL** Henry's Child, The Crying Spell, Seven Second Circle—9pm; Hard rock, \$10 adv., \$12 door

## SUNDAY <sup>1/11</sup>

**AGATE ALLEY BISTRO** Karaoke—9pm; n/c  
**AXE & FIDDLE** The Show Ponies—8pm; Indie, folk, old-time, \$5  
**BEALL HALL** Women's Choral Society 80th Anniversary Concert—3:30pm; \$6-\$15  
**COWFISH** 20th Century Soul w/Qamron Crooks—9pm; Pop, deep house, n/c  
**CUSH** Open Mic & Jam—7pm; Variety, n/c  
**JAZZ STATION** All-comers Jam w/Kenny Reed—4pm; Jazz, \$3  
**SAM'S** Open Mic Night—7pm; n/c  
**SPRINGFIELD VFW** McKenzie Express—7pm; n/c  
**TRAVELER'S COVE** Paul Biondi Quartet—6pm; Variety, n/c  
**VILLAGE GREEN** Dave Boch—7pm; Guitar, n/c  
**THE WEBFOOT** Karaoke—9pm

## MONDAY <sup>1/12</sup>

**BLACK FOREST** Karaoke—9pm



## THIS PATCH OF SKY

Doesn't that name sound familiar? **This Patch of Sky** got its name from a Lord Leebrick Theatre sign in 2010. Since then, the six-member band has carved a neat place for itself in the haunting, wordless world of symphonic post-rock. Despite having songs in World Cup promos, documentary trailers and upcoming blockbusters, the band members have stayed in Lane County, touring the coast every once in a while but mostly writing and laying down tracks. Their eponymous album (released in August) was featured on numerous Best-of-2014 lists, and they're already working on a new LP.

"We're a very fast-paced band," says Kit Day, co-founder and guitarist. "We write quick; we record quick. The initial sit-down recording process [for the album] took about four days, then the mixing after that took a month and a half."

Ironically, the tracks This Patch of Sky produces are slow, introspective, often running upward of six to eight minutes. There are no vocals, just steady, half-stack drama, all instrumental. Each song on their latest LP flows seamlessly into the next like a changing weather pattern.

"We try and lay down music so that somebody could close their eyes and drift away to it," Day says. "Music is a universal language — removing the vocal part, people all over the world can relate."

And he's right. The band already has a large following in Europe. But the group's main direction lies closer to home, in the state below ours.

"Our personal passion," Day says, "is that we want to start writing music for film. We approach [song-writing] by asking ourselves, how can we make the entire album feel like one long soundtrack?"

The future is bright for This Patch of Sky. With a "secret project" in the works and a WOW Hall party on Jan. 9, there's really not much to complain about. For now, we should all just sit back and listen. Film or no film, this band could play from the sky itself and we'd have a true score for the scenes of our lives.

This Patch Of Sky plays with **Hyding Jeckyll**, **Hemlock Lane** and **Southtowne Lanes** 8 pm Friday, Jan. 9, at WOW Hall; \$7 adv., \$10 door. — *Andy Valentine*

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# GRACEFULLY

Seattle musician **Whitney Monge** calls her sound “alternative soul,” but don’t expect Aretha Franklin or Al Green — not quite, anyway.

“Alternative soul means music coming from a place that we all have: our soul,” Monge says, admitting she’s influenced by heavyweights from soul music, but her sound is a mix of rock and blues. “It’s music that’s relatable. It’s music you can feel,” she says.

Monge picks her song “Gracefully,” from 2014’s *Steadfast EP*, to sum up her sound. “Maybe because it’s saying, ‘Hey, I’m not perfect but that’s OK,’” she says. “I think it’s my Taurus rising sign talking there.”

“Gracefully” has an “Amazing Grace” inspired melody line over uptempo acoustic guitar, gentle flourishes of Keb Mo-style pop-blues electric guitar and Monge’s notable voice — a natural mix of Bonnie Raitt and India.Arie’s earthy tones. In “Gracefully” Monge sings: “Sometimes I do things I don’t believe in ... I remember I’m still learning, I’ll be learning ‘til I’m old.”

Monge always makes Eugene a tour stop, most recently playing last spring’s Out/Loud Queer Women’s Music Festival at WOW Hall. “I love Eugene!” Monge says. “Be prepared to have a blast with me and my friend **Kim Archer** on our Best Coast Tour.”

Whitney Monge and Kim Archer play 8:30 pm Wednesday, Jan. 14, at Axe & Fiddle; Cottage Grove; free. 21-plus. — *William Kennedy*

**BUGSY’S** MondayBug—7pm; Acoustic, n/c  
**COWFISH** Inclusion w/Aaron Jackson & Guests—9pm; Bass-house, electro, n/c  
**MAC’S** Hank Shreve & Friends—6pm; Blues, n/c  
**PORKY’S PALACE** Karaoke—8pm  
**SAM BOND’S GARAGE** Bingo—9pm; n/c  
**THE SHEDD** Mark Hummel’s Blues Harmonica Blowout—9:30pm; Bluebird Record tribute, \$17.50-\$35  
**VILLAGE GREEN** Neil Johnson—7pm; Solo guitar, n/c  
**WANDERING GOAT** Open Mic—7pm; Originals only, n/c

**TUESDAY 1/13**  
**5TH ST. CORNUCOPIA** Jesse Meade w/Jana Meszaros—9:30pm; n/c  
**AXE & FIDDLE** Open Mic—6:30pm; Habitat for Humanity benefit, don.  
**THE CITY** iPod Night—6pm; n/c  
**COWFISH** Work-Nite Vibin’ w/Stephen Rose & Guests—9pm; House, hip hop, n/c  
**EMBERS** Ladies’ Night Dance Party w/DJ Victor—8pm; n/c  
**THE GREEN ROOM** Karaoke—9pm  
**GOODFELLA’S** Karaoke—9pm; n/c  
**HOT MAMA’S WINGS** Open Mic—8pm; n/c

**LEVEL UP** Ninkasi Karaoke Night w/KJ B-Ross—9pm; n/c  
**LUCKEY’S** Kasheusday w/Chad Kashuba & Lindsay LePon—9:30pm; Comedy, variety, \$2  
**MAC’S** Roosters Blues Jam—7pm; n/c  
**THE O BAR** Karaoke—9pm  
**SAM BOND’S GARAGE** Bluegrass Jam—9pm; n/c  
**VILLAGE GREEN** Neil Johnson—7pm; Solo guitar, n/c  
**WANDERING GOAT** Loam, lostodyssey—8pm; Glo-fi, beat music, don.

**WEDNESDAY 1/14**  
**5TH ST. CORNUCOPIA** Karaoke—9pm

**AXE & FIDDLE** Whitney Monge, Kim Archer—8pm; Alternative soul, n/c  
**BLACK FOREST** Karaoke—9pm  
**THE BLIND PIG** Karaoke w/Jim Jim—9pm  
**THE COOLER** Hump Night Trivia w/DR Dumass—7pm; n/c  
**COWFISH** Rotation Live w/Connah Jay & Guests—9pm; Hip hop, indie dance, n/c  
**DEXTER LAKE CLUB** Acoustic Sessions w/Morin, Sorseth & Peter Giri—7pm; Acoustic, n/c  
**GRANARY** Mama Jan’s Blues Jam w/Brian Chevalier—8pm; n/c  
**THE GREEN ROOM** Karaoke—9pm; n/c

**JAZZ STATION** Jazz Band II & the Oregon Jazz Ensemble w/Mark Taylor—7pm; \$6-\$8  
**JERSEY’S** Karaoke—8pm; Ladies night, n/c  
**LUCKEY’S** KI & the Architetx—10pm; Hip hop, \$2  
**MAC’S** Gus Russell & Paul Bioni—6pm; Jazz, variety, n/c  
**NEW MAX’S TAVERN** Lonesome Randall—7pm; Rock historian, n/c  
**MULLIGAN’S** Open Mic—8:30pm; Variety, n/c  
**OAKSHIRE PUB** Philip Etherington—5pm; Singer/songwriter, n/c  
**OLD PAD** Trivia Night—9pm; n/c  
**POUR HOUSE** Karaoke—9pm  
**SAM BOND’S GARAGE** Forest Beutel—9pm; Country blues, \$5

**TAYLOR’S BAR & GRILLE** DJ Crown—10:30pm; Hip hop, top 40, dance, n/c  
**VILLAGE GREEN RESORT** Natty-O & Gaye Lee Russell—7pm; n/c

# CORVALLIS

(AND SURROUNDING AREAS)

**FIREWORKS RESTAURANT**  
**MO** Southtown Open Mic—9pm; n/c  
**SQUIRREL’S TAVERN**  
**SA** Benefit Concert for Lina DeMoraes—8pm; \$5-\$15

# LIVETRONICA

Electronic dance music is hotter than ever, nowhere more so than in Eugene. “Eugene has been an incredibly supportive place for our band to really thrive and to develop our own unique sound,” says Nathan Asman, who alongside guitarist Keith Randel and drummer Travis Lien makes up the Eugene-based livetronica act **Hamilton Beach**.

“The livetronic-EDM [electronic dance music] scene is very strong and nurturing here,” Asman says, “and there’s no way we would be where we are as a band without the music scene here.”

There’s a misconception amongst live music fans that EDM is just people “twiddling knobs” or “pressing play” or, in short, EDM artists lack real musical chops. However, Asman feels Hamilton Beach blends the best of electronic music with the excitement of seeing a conventional band play live.

“I feel like we bring a level of musicality and musicianship to the electronic music scene that isn’t really there with generic DJ-style acts,” Asman says, stressing that even though Hamilton Beach is “electronically based” they are still a live band, not a typical EDM act.

“The fact that we are actually playing the music in real time, not just pressing play or only messing with faders and knobs, definitely separates us,” Asman says.

“Nothing can replace the spontaneous joy of live music,” Asman adds, continuing, “We take the improvisational aspects of jam bands and jazz artists and infuse them with electronic synths and percussion. The intent of such a combination is to return the audience-to-musician relationship that lacks in so many otherwise phenomenal electronic musical experiences.”

Hamilton Beach plays 10 pm Friday, Jan. 9, at Luckey’s; \$5. 21-plus. — *William Kennedy*



NATHAN ASMAN OF HAMILTON BEACH

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## The SPIN

**WHO'S WHO AND  
WHAT'S WHAT IN  
DANCE THIS MONTH**

BY RACHAEL CARNES

impresario behind the 20-year-running performance fundraiser Dance for a Reason, announced that there would be no Dance for a Reason this year.

For two decades, Dance for a Reason has given many hundreds of dancers the opportunity to perform and has raised thousands of dollars for local charities. Thank you, Ms. Morrow. We wonder: Who will take up the cause?

All across town, dance is lighting up the New Year.

A chapter in the local dance scene has closed, as **Geni Morrow**, who has served as the director of The Reach Center and its dance company The EDGE, also serving as the

Kicking off performances in 2015, don't miss the UO's **Dance Africa**, when the celebrated company returns for its annual concert featuring guest performer Alseny Soumah. Always educational and entertaining, Dance Africa's repertoire this year includes Nzobi, from the Congo; Gumboots, which evolved in mining camps in South Africa; Muchongoyo from Zimbabwe; Kassa from Guinea; and Yonvalou from Benin. Performances are 8 pm Thursday, Jan. 22, through Saturday, Jan. 24, at the Dougherty Dance Theatre, Gerlinger Annex; \$10 general, \$5 students and seniors. Tickets are available in advance from the UO Ticket Office, 346-4363.

Also on tap, **DanceAbility International** has recently received support from the Chambers Family Foundation to continue to develop its teen dance class for all abilities. **Kellee Blanchard** teaches classes for teens across the full spectrum of abilities and disabilities 3:45 pm

Wednesdays, Jan. 14 through March 11. Register by calling 682-5311. In addition, grants from the Lane County Cultural Coalition and the Oregon Cultural Trust will allow DanceAbility International to expand its teaching and performances throughout Oregon.

And our friends at the **City of Eugene Recreation & Cultural Services** would like to remind everyone that they offer more than 20 dance classes in their neighborhood rec centers. Classes for toddlers include Pre-school Play & Dance, Hip Hop & Bop, Princess Dance and Tutu Tapping Tots. For pre-teens and teens, classes include beginner and increasing skill levels of ballet and hip hop, and tap and jazz. Classes for adults (ages 16 and up) include ballet, line, folk, belly and hoop dance, bhangra and Nia.

For more information, visit GetRec.org, or pick up a class schedule at any community center, pool or library.

Got a scoop on the local dance scene? Email Rachael Carnes at [eugeneweeklydance@gmail.com](mailto:eugeneweeklydance@gmail.com)

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Extremely knowledgeable Staff



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relief for your pet**

*Call us for more details*

Cameron Jones, DVM  
Barbara Maki, DVM  
Cary Heyward, DVM

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# CLASSIFIEDS

To place a classified ad: **CALL** 541.484.0519 **EMAIL** [classy@eugeneweekly.com](mailto:classy@eugeneweekly.com)  
**WEB** [classifieds.eugeneweekly.com](http://classifieds.eugeneweekly.com) **WRITE** 1251 Lincoln St. Eugene, OR 97401  
**VISIT** our office Monday-Friday 8am-5pm

LINE ADS: \$11/3 LINES  
 ADDITIONAL LINES: \$4

## EVENTS

**DATING IN A NEW AGE** Facilitated event in a safe environment. Wed Jan 28, 50 yrs+. Wed Feb 25, 30-50 yrs. 6:30-9:30p. \$35 preregistration. 541-915-8649 or [megblanchet.com/conscious-relationships](http://megblanchet.com/conscious-relationships)

## FOR SALE

### Clothing

**REMIX APPAREL EXCHANGE** located at 1449 Mohawk Blvd in Springfield, men's and women's resale clothing store meets art studio. While you search through our constantly changing name brand inventory, enjoy all the local artist's work on the walls and coming through the speakers.

## BULLETIN BOARD

### Announcements

\*\*\* **SAVE OUR PLANET** \*\*\*  
 People Power is Healing Life on Earth.  
 We Are Not Alone. All Will Be Well.  
[www.share-international.org](http://www.share-international.org) **SHARE HOPE**

### Classes

**SOLO-PRENEURS** Build your Skills & your Business in 2015. Gain Clarity, Confidence, Control. Training Classes begin Jan. 15. 541-510-8567 [pteamworks.com](http://pteamworks.com)

### Wanted

**KEG COOLER:** for tax-deductible donation or sale to WOW Hall; reply [Info@wowhall.org](mailto:Info@wowhall.org)

### Misc.

**AUTO INSURANCE** STARTING AT \$25/ MONTH! Call 855-977-9537 (AAN CAN)

### Pets

**GREENHILL HUMANE SOCIETY** Everybody Deserves a Good Home. Fri-Tues 11am-6pm, Closed Weds & Thurs. 88530 Greenhill Rd, 541-689-1503 [green-hill.org](http://green-hill.org) Look for our Pet of the Week!

**SHELTER ANIMAL RESOURCE ALLIANCE** S.A.R.A.'s Treasures Gift & Thrift Shop. Volunteer, Donate, Shop. **ADOPT!** 871 River Road, Open Daily 10am-6pm. 541-607-8892 [sarastreasures.org](http://sarastreasures.org) **LOOK FOR THIS WEEK'S RESCUED CAT.**

### Adoption/Family Services

**ADOPTION: A TV PRODUCER, BEACH & CITY HOMES, PLAYFUL PUP, JOYFUL LIFE AWAIT 1ST BABY. WENDI EXPENSES PAID 1-800-716-0933**

## HELP WANTED

**\$1,000 WEEKLY!! MAILING BROCHURES** from Home. Helping home workers since 2001. Genuine Opportunity. No experience required. Start immediately [www.mailing-members.com](http://www.mailing-members.com) (AAN CAN)

**BARTENDERS NEEDED FOR SWEET ILLUSIONS** Gentlemen Club experience helpful, great tips. Wayne 541-517-7196

**SDANCERS** Tired of your current club! **SWEET ILLUSIONS** has day & night shifts available. No experience, can train. Excellent tips! 541-852-8625 or 541-517-7196 **THE HOTTEST CLUB IN LANE COUNTY!**

**O O INCORPORATED** Carpet Shampooers. \$1800/month. No experience. Must pass background check 971-701-5597

**TARARIN THAI CUISINE** Hiring part or full time bartender (Eugene Location), server and host/hostess. Accepting resumes at both locations. 1200 Oak St., Eugene. 1410 Mohawk, Springfield.

## SIGNATURE HOME CARE NOW HIRING CAREGIVERS! COMPETITIVE WAGES!

Are you a compassionate person, who enjoys helping the elderly or a disabled person and has 6 months or more of experience as a Caregiver? If you are, we have the perfect job for you! Signature Home Care services the following locations; Eugene, Junction City, Springfield, Cottage Grove, Pleasant Hill and Creswell area. Day, Night and Weekend shifts available. \*Must pass drug screen test and background check. Call now to schedule an interview! Or apply in person at: Signature Home Care, 135 Silver Lane, Suite 240, Springfield, OR 97404. 541-246-1550 [kphillips@4signatureservice.com](mailto:kphillips@4signatureservice.com)

## SEEKING EMPLOYMENT

**LOST YOUR JOB?** Place a free line ad here (up to 4 lines, 160 characters) for 2 weeks. Briefly list your skills/experience & contact info. Email to: [office@eugeneweekly.com](mailto:office@eugeneweekly.com) or call 541-484-0519

**TRUCK DRIVER B LIC. W/MED. CARD** warehouse & forklift exp. Works great with others. Retail exp. excellent cust. ser. skills. looking for part-time eves. & wkends. cell # 541-606-8214 Raul Mares

## Career Training

**AGE 50+ ? - CONSIDER A JOB IN THE FINANCIAL SERVICES INDUSTRY**  
 You may be eligible for a no-cost, short-term training program in the financial services industry designed to prepare you for entry-level positions at area banks and credit unions. Attend an info session at WorkSource Lane Jan 21st, Feb 4th or Feb 18th from 2:00 - 3:30 p.m. at 2510 Oakmont Way, Eugene.

**TATTOO ART SCHOOL—ENROLLING FOR 2015 PARTIAL FINANCING NOW AVAILABLE! INFO: [WWW.GARDENOFINKTATTOO.COM](http://WWW.GARDENOFINKTATTOO.COM)**

## WELLNESS

### Acupuncture

**RELIEVE STRESS & PAIN AFFORDABLY** Wise Turtle Acupuncture offers community acupuncture. Sliding scale \$15-35. 807 A St, Spfd 541-731-1466 [WiseTurtleAcupuncture.com](http://WiseTurtleAcupuncture.com)

### Bodywork

**CHRONIC PAIN?** Try Roling. Jeffrey Burch LMT #9092, 541-689-1515 [jeffrejburch.com](http://jeffrejburch.com)

**MASSAGE THERAPY** Car accidents, whip lash, chronic pain, relaxation. Insurance accepted, avail weekends. Shoshannah Thielle, LMT #3461. 541-684-3965.

### Counseling

**HELPING YOU HEAL** medically incurable illness. Spiritual Readings, Soul Retrievals, Coaching. [www.GodSpiritsUnited.com](http://www.GodSpiritsUnited.com) Nancy Harris 541-343-2582

**PERSONAL & FINANCIAL COUNSELING** Accountant with Counseling degree offers help with life and money issues. Learn more about yourself and new ways to solve problems. First session free, check me out! Dale Deason, MA MS 541-214-8783

## Wellness

**COLON HYDROTHERAPY AT SUNRISE COLONICS** Celebrating 15 years. Schedule your cleanse. Laura Taylor 541-484-6224

**WHITE BIRD DENTAL CLINIC** 1400 Mill St. Eugene. Emergency & on-going dentistry for Low/No income residents of Lane County. Accepts OHP & under insured. 541-344-8302

## Hypnosis

**A REAL SHIFT HAPPENS! LIFE WORKS**  
 School of Hypnosis/Certification: New Hypnosis Class begins Feb 14th Sign Up Now for Discounts!  
 Individual Sessions: Smoking, Sleeping, Behaviors, Weight, Sports, Chronic Habits. [Lifeworks-or.com](http://Lifeworks-or.com)  
 541-744-6655 cash and checks

**A SHIFT IN PERCEPTION! LIFE WORKS**  
 Counseling Center: Individuals, Couples, & Families. Sessions: Young Adult, Mid-Life, and Seniors. Pre-Marital, Marriage, Domestic Partners, Friends, Co-workers. [Lifeworks-or.com](http://Lifeworks-or.com)  
 541-744-6655 cash and checks

**STOP SMOKING NOW!!!** 4 Sessions - Permanently Call Shoshannah Thielle, CHT 541-684-3965 [YesHypnosisWorks.com](http://YesHypnosisWorks.com)

## Massage

**LISA STEIN MIGRAINE & CHRONIC PAIN RELIEF** relaxing or deep tissue **GIFT CERTIFICATES** Insurance accepted \$65/hr \$15 off 1st visit. 541-579-3084 [web.lisastein.atspace.cc](http://web.lisastein.atspace.cc) LMT#4904

**ROBERT PHAIGH, LMT** Reasonable rates, by appointment Tuesday - Saturday. 541-688-2423. Lic.#1670

## Rolfing

**JEFF W. RYDER, DC, LAC, CERTIFIED ROLFER™** Rolfing® Structural Integration, Cranial & Visceral Manipulation, Chiropractic, Acupuncture. 40th year. Offices in Eugene & Portland. [Drjeffryder.com](http://Drjeffryder.com) [503]250-3209

## Spiritual

**LOOKING FOR PEOPLE** interested in doing benevolent magic or living prayers. 541-935-9538

## Yoga

**YOGA THERAPY WITH SHOSHANAH** Sundays 9-10:15. Private instruction available. Celebration Yoga 18th & Willamette - upstairs.

**YOGA WEST** Kundalini Yoga in Eugene as taught by Yogi Bhajan. First two classes for the price of one. 3635 Hilyard, [yogawest-eugene.com](http://yogawest-eugene.com)

**ZEN YOGA CLASSES:** Blue Cliff Zen Center Tuesdays and Thursdays 5:30-6:30pm \$7 [www.bluecliffzen.org](http://www.bluecliffzen.org)

## MUSIC/ENTERTAINMENT

### Band Members

**BOSTON BRED SINGER SONGWRITER** Looking to form Unique Kirtan Band- blues, progressive folk, rock & GREAT Kirtan. Seeking Female co-lead singer, Female Electric Violinist, Female Lead Guitarist, 2 Male Hand Drummers. I'm 64, primarily interested now- having had many opportunities to sing & perform in the past- to help develop young talent 781-591-1519 Dave Hubbell. Happy Holidays!

## Lessons

**FINGERPICKING/FOLK GUITAR** Oldtime banjo and mandolin, fiddle, recorder, ukulele lessons. Patient, experienced teacher. All ages/levels. Emily Fox 541-345-5119

**NEW INSTRUMENT?** John Sharkey teaches guitar, piano, bass, songwriting lessons. All ages/levels/styles 541-342-9543

## HOME SERVICES

### Building/Remodel

**GREAT PRICES** All phases of construction or handywork. From decks to rooftop, paint or repair. Prepared to work in any weather. Brad 541-913-0652 CCB# 116497

# EVENTS CALENDAR

## BREEMA®

### Free Class and Mini Session Treatment

Sunday Jan 11 • 1-4pm  
 755 River Road, Eugene

(541) 914-4162

[breemaworkshops@gmail.com](mailto:breemaworkshops@gmail.com)



**\$20 FOR 20 DAYS**  
**FOR THOSE NEW TO OUR STUDIO!**  
 DETAILS ONLINE

Kundalini Yoga as taught by Yogi Bhajan  
 3635 Hilyard | [yogawest-eugene.com](http://yogawest-eugene.com)

## Life Works Where Shift Happens

### COUNSELING CENTER LIFE WORKS SCHOOL

Hypnotherapy Certifications Class  
 Starts February 14th, ends April 12th.  
 Sign up Now! Singles and Couples Welcome.  
 Cash or check.

**541-744-6655 • [Lifeworks-or.com](http://Lifeworks-or.com)**

*Sunrise Colonics*  
**Colon Hydrotherapy**  
 CELEBRATING 16 YEARS  
**Only \$65 per Session**  
 After Initial Appointment  
**LAURA TAYLOR**  
 CERTIFIED COLON HYDROTHERAPIST  
 (541)484-6224



## Initiation into The Shamanic Journey for Guidance and Healing

Sun., Jan. 11th, 10am - 5pm  
**\* A BENEFIT FOR FOOD FOR LANE COUNTY \***  
 All donations are tax deductible!  
**SUGGESTED DONATION**  
 for this 1-day intensive \$25 - \$90  
**All proceeds go directly to Food for Lane County!**  
 We will drum, rattle, dance & sing as we go deep into the lands of our Power Animals and Spirit Guides for insight, vision & healing!

**Leia Hart, MS**

541-844-2805 | [www.leiahart.com](http://www.leiahart.com)

## Dating in a New Age: Meeting Consciously

A facilitated event in a safe environment

**NEW age groupings:**  
**Wednesday Jan 28**  
 50 years and up

**Wednesday Feb 25**  
 30 to 50 years

6:30 to 9:30pm

**541-915-8649**

\$35 preregistration required

**Meg Blanchet**

M.A., L.M.T., C.H.P., I.M.T., C.

[megblanchet.com/conscious-relationships](http://megblanchet.com/conscious-relationships)



## 2015 Journey into Daoist Internal Alchemy Qigong Program

One year program starts soon - apply now!

### To learn more about this program

Book a free consultation or attend the introductory class this weekend

**Saturday Jan. 10 & Sunday Jan. 11**

Limited Space • Call or Text to Reserve

Explore and experience this secret, ancient wisdom of the Way as a spiritual path.

Learn about cultivation, self healing, and longevity qigong practices.

**Susan Shaffer**

80th generation Daoist disciple of Highest Purity Sect  
 Qigong Instructor & Practitioner of Tai Chi, Medical Qigong, and Advanced Alchemy & Spiritual Practices  
 Student of Eva Wong

541-852-3370 [susanshaffer.111@gmail.com](mailto:susanshaffer.111@gmail.com)

# ATTENTION Women over 50!

Are you ready to get in the best shape of your life?  
 Free introductory informational Workshop

## How to Train for a Triathlon and / or Marathon

**Thurs., Jan 15 at 6:30 pm**  
**Ultimate Fitness 377 Coburg Rd, Suite D**

**RSVP Appreciated 541-485-9160**  
**Kathy@UltimateFitnessOR.com**



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MVA Insurance Accepted  
 Advanced Methods  
 Gentle and Effective  
 37 years experience

[www.jeffreyburch.com](http://www.jeffreyburch.com)

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By Appointment Only • LMT 9092



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 Individual sessions or class  
 call Shoshanah Thielle LMT CHT  
**541-684-3965**  
[shoshanahthielle@hotmail.com](mailto:shoshanahthielle@hotmail.com)

*White Bird*  
 Dental Clinic  
 541-344-8302 • 1400 Mill st, Eugene  
**EMERGENCY & ON-GOING DENTISTRY**  
 for Low/No income residents of Lane County  
 Accepts OHP +Under Insured

# S.A.R.A.'s

## Shelter Animal Resource Alliance

### Rescued Cat of the Week

Rafters



Midnight



These sweet and loving senior ladies are looking for a quiet home with someone who has lots of time for snuggles and fun! **Rafters** and **Midnight** have lived their entire lives together and really do care for each other. If you have room for two love bugs in your heart Rafters and Midnight are waiting to meet you.

### S.A.R.A.'s Treasures

#### Gift and Thrift Shop

volunteer • donate • shop • adopt

871 River Road • 607-8892 • Open Everyday 10-6

[www.sarastreasures.org](http://www.sarastreasures.org)



## PET OF THE WEEK!

Everybody deserves a good home

541-689-1503

[www.green-hill.org](http://www.green-hill.org)

88530 Greenhill Rd



The phrase "patience is a virtue" was coined with cats in mind. To gain the trust of a cat that stingily doles it out is quite the accomplishment. But patience is most difficult when the object of your attention is so much beauty. **Callie's** eyes, bright like the sun itself, will rest on you infrequently. Her lush, alabaster coat, perpetually beyond reach, will tease mercilessly. Resisting the urge to invade her personal space prematurely will not be easy. Gather strength by imagining the eventual reward of her soft head pushing into your hand, a look of adoration in those gold-spun eyes, and your new mastery and title of Cat Whisperer.

**Hours: Fri-Tu 11am-6pm • Closed Wednesday & Thursday**

## High Fours for Rescue



### EUGENE, OREGON

#### SAVE A LIFE

#### WITHOUT YOU THERE'S NO US...!

### ADOPT A DOG IN NEED

#### 100% GRASS ROOTS RESCUE

501 c3 nonprofit

### FEEL THE LOVE

Adopt a family dog. Big AND little dogs. Sponsor a local dogs spay or neuter! **VOLUNTEER** - Soak Up the love while walking or snuggling a Seva Dog.

**LIKE us on**  [www.facebook.com/SevaDog](http://www.facebook.com/SevaDog)

**info@sevadog.org • www.sevadog.org**

## WIGGLY TAILS DOG RESCUE

Helping abandoned and surrendered dogs find their forever homes



**Remi** is a sweet, playful 10 month old terrier mixed boy. He loves everyone and is looking for his forever home! He weighs about 6 lbs and will probably only gain a little bit more. He would love a family with another playful canine companion and will be a wonderful addition to any family! Come meet Remi and all the other available dogs at our adoption event this Saturday, 1/10 at PetSmart on Chad Dr., noon-3pm

*Foster homes are always needed, please contact us through our Facebook page.*

[www.facebook.com/WigglyTailsDogRescue](http://www.facebook.com/WigglyTailsDogRescue)

# JONESIN' CROSSWORD

BY MATT JONES ©2014 Jonesin' Crosswords (editor@jonesincrosswords.com)

### ACROSS

1 Affected mannerisms

5 "The Munsters" son

10 Dollar bill's weight, roughly

14 Abbr. on a bottle of Courvoisier

15 New, in Nogales

16 2000s sitcom starring a country singer

17 Response to King Kong after being carried away?

20 Depression Era agcy.

21 Checks out suggestively

22 Big song

25 Type

27 Urban blight

29 Haifa resident, e.g.

31 Roofing material

32 Castellaneta, the voice of Homer on "The Simpsons"

35 Low poker hand

36 One-eyed character on

### DOWN

1 Futurama

38 Bob Hope's entertainment gp.

39 King Kong's act of barroom generosity?

43 Mighty tree

44 Meteorologist's tracked prediction

45 Parallel, e.g.

46 Retreating

47 " \_ favor!"

48 Breakfast fare where you might take your lumps?

51 Catch forty winks

52 Earth orbiter until 2001

53 Punctured tire sound

54 Corrective eye surgery

57 "Dawson's Creek" actor

James Van \_ Beek

59 King Kong's hoped-for response?

67 Paste alternative

68 Constellation with a belt

69 Bring under control

70 "The camera \_ 10 pounds"

71 Becomes liquid

72 Christian Louboutin item

birds baked in " \_

19 "Yay, team!"

22 "Hungry Hungry " \_

23 Washington dropped from "Grey's Anatomy"

24 Deceptive

26 East Texas city or college

27 Parent not related by blood

28 \_ liquor

30 Boat full of animals

32 Job description list

33 Yoga postures

34 Prestigious prizes

37 Iberian Peninsula's cont.

40 "Looks like \_ too soon"

41 File cabinet label for the latter half of the alphabet

42 "A Nightmare on \_ Street"

49 Actors Quinn and Mitchell

50 Uno + dos

51 Small change?

54 Annika Sorenstam's gp.

55 " \_ Lang Syne"

56 Poker option

58 Charlie Brown utterance

60 Burt Reynolds co-star

DeLuise

61 Hematite, e.g.

62 "Star Trek: TNG" alum

Wheaton

63 Forget-me- \_

64 "Boo- \_!"

65 Music genre with a lot of guyliner

66 "What'd I tell ya?"

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ANSWERS TO LAST WEEK'S

CAT	URIS	PUMP	IBEL	DARIN	AHS	LEAD	INYOU	SCISSOR	TET	IDO	BLANC	AORTA	TUTOR
NEIN	ALSO	PEER	LIEVE	ARM	IBET	INTHE	YOU	ORSTHAN	ERA	THEP	HOME	ELMO	RYAN
STAGE	HALEY	EMILE	MORE	DID	NOVEL	DEMI	YIPS	SS	FASTS	PENCIL	NONO	YOGA	PEN

## CLASSIFIEDS

**OREGON STATE LAW** requires anyone contracting for construction work to be licensed with the Construction Contractors Board. An active license means the contractor is bonded & insured. Verify CCB licenses at: [www.hirealicensedcontractor.com](http://www.hirealicensedcontractor.com)

## Chimney Sweep

**PROFESSIONAL CHIMNEY SERVICES**  
40 yrs+ experience.  
Jolly Good Chimney Sweep.  
David Stuart Bull Esq. CCB#51931.  
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**CUSTOM QUALITY HOUSE PAINTING** by ArtTrek. Interior, Exterior. Faux Finish. Lead Safe. [WWW.ARTTREKINC.COM](http://WWW.ARTTREKINC.COM) 683-0626. ccb#62677

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1 Call Recycles All - Anytime Clean-Up  
541-953-6675 Gus Ramirez 541-514-4283  
Garages, barns, junk, tires, hottubs, yards  
Yard debris recycled at Lane Forest Prod  
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appliance, metal and RV removal?

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**EARTHSCAPES PLUS**  
Winter clean-up, cut back perennials, roofs/gutters. Makeovers are our specialty. 19 yrs exp. Senior rates 541-510-4333

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**NEW VISTAS** Environmentally conscious, energetic. One-time cleanups, weekly or bi-weekly maintenance. Pruning, leaves, blackberries, digging, weeding, trimming, mowing, English Ivy. 29 years, insured. 541-343-2790

## PROFESSIONAL SERVICES

### Accounting/Financial

**ARE YOU IN BIG TROUBLE WITH THE IRS?** Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 844-753-1317 [AAN CAN]

## Attorney/Legal

**ACCESS THE LAW** serves the underserved. We provide quality legal services for working and low income families and individuals on a sliding fee. Our attorneys can help you with divorce, custody and other family law matters, landlord/tenant, wills and estate issues, elder law, bankruptcy, and other matters. Call us at **541-686-4890** to schedule your consult.

**AFFORDABLE** Wills, Trusts, Guardianships, SS Disability and SSI Representation and Legal Advice. Alice M. Plymell, 132 East Broadway, Suite 718, Eugene, OR 97401. 541-343-9341

## Film/Video/Photography

**COMMUNITY TELEVISION** [Comcast channel 29] offers hands-on classes in Studio, Field & Digital Editing. For info call 541-790-6616 or [info@ctv29.org](mailto:info@ctv29.org)

## Language

**SPANISH CLASSES FOR ALL LEVELS** Starting in January. Beatriz provides a fun learning experience! 541-206-4882 or [info@cross-culturalnow.com](mailto:info@cross-culturalnow.com)

## Professional Services

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**ACCOUNTANTS ON THE GO!** Affordable tax preparation services. Specializing in small business returns. 1040EZ's as low as \$40. 541-337-8120, Kim Johnson

## Bookkeeping/Payroll

**PAYROLL SERVICE SALE** from Earth Bookkeeping & Payroll. Call for details 541-359-4988. Free initial consultation. We serve small businesses & non-profits. [earthbookkeeping.com](http://earthbookkeeping.com)

## REAL ESTATE

### Realtors

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## RENTALS

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**2 BR CONDO IN S. HILLS** 1.5 Bath, Fireplace, wood floors, club house w/ workout, sauna, outdoor pool. \$825/mo for a year. We pay condo fees. Bob 541-912-1201

**SMALL HOUSE WITH SHOP** in West Eugene. Fenced front & back yards. Pets OK. \$900/month. First, last & deposit 541-870-5926

## Rental Services

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### Parts/Services

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## LEGAL NOTICES

**IN THE CIRCUIT COURT FOR THE STATE OF OREGON IN AND FOR THE COUNTY OF LANE** GREEN TREE SERVICING LLC, its successors in interest and/or assigns, Plaintiff, v. UNKNOWN HEIRS OF LESLIE M. ALLENDER; UNKNOWN HEIRS OF MARVIN L. ALLENDER; JONATHAN ALLENDER; BRIAN ALLENDER; SARAH ALLENDER; EUGENE WATER AND ELECTRIC BOARD; STATE OF OREGON; AND OCCUPANTS OF THE PREMISES, Defendants. Case No. 161418235 **SUMMONS BY PUBLICATION TO THE DEFENDANTS:** UNKNOWN HEIRS OF LESLIE M. ALLENDER; UNKNOWN HEIRS OF MARVIN L. ALLENDER; AND OCCUPANTS OF THE PREMISES: In the name of the State of Oregon, you are hereby required to appear and answer the complaint filed against you in the above-entitled Court and cause on or before the expiration of 30 days from the date of first publication of this summons. The date of first publication in this matter is December 18, 2014. If you fail timely to appear and answer, plaintiff will apply to the above-entitled court for the relief prayed for in its complaint. This is a judicial foreclosure of a deed of trust in which the plaintiff requests that the plaintiff be allowed to foreclose your interest in the following described real property: BEGINNING AT THE INTERSECTION OF THE CENTERLINE OF COUNTY ROAD NO. 476 (POLE ROAD) WITH THE SOUTH LINE OF SECTION 7, TOWNSHIP 16 SOUTH, RANGE 3 WEST OF THE WILLAMETTE MERIDIAN, NORTH 88° 49' 14" EAST 1277.93 FEET FROM THE SECTION CORNER COMMON TO SECTIONS 7, 12, 13 AND 18, TOWNSHIP 16 SOUTH, RANGES 3 AND 4 WEST OF THE WILLAMETTE MERIDIAN, ALSO BEING NORTH 82° 20' 56" EAST 1288.08 FEET FROM THE COUNTY SURVEY STONE SET BY C. M. COLLIER IN COUNTY SURVEY 1065; FROM SAID POINT OF BEGINNING RUN NORTH 8° 10' WEST ALONG THE CENTER OF SAID COUNTY ROAD 3040.95 FEET TO THE TRUE POINT OF BEGINNING; RUN THENCE NORTH 8° 10' WEST ALONG THE SAID CENTERLINE 312.31 FEET; THENCE NORTH 88° 48' EAST 832.78 FEET; THENCE SOUTH 1° 12' EAST 310.00 FEET; THENCE SOUTH 88° 48' WEST 794.90 FEET TO THE TRUE POINT OF BEGINNING, IN LANE COUNTY, OREGON. EXCEPT THEREFROM: THAT PORTION LYING WITHIN COUNTY ROAD NO. 476. Commonly known as: 93157 Powerline Road, Eugene, Oregon 97408. **NOTICE TO DEFENDANTS:**

**READ THESE PAPERS CAREFULLY!** A lawsuit has been started against you in the above-entitled court by Green Tree Servicing LLC, plaintiff. Plaintiff's claims are stated in the written complaint, a copy of which was filed with the above-entitled Court. You must "appear" in this case or the other side will win automatically. To "appear" you must file with the court a legal document called a "motion" or "answer." The "motion" or "answer" (or "reply") must be given to the court clerk or administrator within 30 days of the date of first publication specified herein along with the required filing fee. It must be in proper form and have proof of service on the plaintiff's attorney or, if the plaintiff does not have an attorney, proof of service on the plaintiff. If you have any questions, you should see an attorney immediately. If you need help in finding an attorney, you may contact the Oregon State Bar's Lawyer Referral Service online at [www.oregonstatebar.org](http://www.oregonstatebar.org) or by calling [503] 684-3763 (in the Portland metropolitan area) or toll-free elsewhere in Oregon at [800] 452-7636. This summons is issued pursuant to ORCP 7. RCO LEGAL, P.C., Alex Gund, OSB #114067, [agund@rcolegal.com](mailto:agund@rcolegal.com) Attorneys for Plaintiff, 511 SW 10th Ave., Ste. 400, Portland, OR 97205. P. [503] 977-7840. F. [503] 977-7963.

**IN THE CIRCUIT COURT FOR THE STATE OF OREGON IN AND FOR THE COUNTY OF LANE** GREEN TREE SERVICING LLC, its successors in interest and/or assigns, Plaintiff, v. UNKNOWN HEIRS OF HELEN M. CARROLL; GLENDA CARROLL; STATE OF OREGON; AND OCCUPANTS OF THE PREMISES, Defendants. Case No. 161410947 **SUMMONS BY PUBLICATION TO THE DEFENDANTS:** UNKNOWN HEIRS OF HELEN M. CARROLL: In the name of the State of Oregon, you are hereby required to appear and answer the complaint filed against you in the above-entitled Court and cause on or before the expiration of 30 days from the date of first publication of this summons. The date of first publication in this matter is December 18, 2014. If you fail timely to appear and answer, plaintiff will apply to the above-entitled court for the relief prayed for in its complaint. This is a judicial foreclosure of a deed of trust and a claim for declaratory relief to reform the property's legal description in that deed of trust, in which the plaintiff requests that the plaintiff be allowed to foreclose your interest in the following described real property: LOTS 1 AND 2, BLOCK 3, FIRST ADDITION TO TERMINAL HOMES, AS PLATTED AND RECORDED IN BOOK 14, PAGE 32, LANE COUNTY OREGON PLAT RECORDS, IN LANE COUNTY, OREGON. EXCEPTING THE SOUTH 69.0 FEET THEREOF. Commonly known as: 2580 Wood Avenue, Eugene, Oregon 97402. **NOTICE TO DEFENDANTS: READ THESE PAPERS CAREFULLY!** A lawsuit has been started against you in the above-entitled court by Green Tree Servicing LLC, plaintiff. Plaintiff's claims are stated in the written complaint, a copy of which was filed with the above-entitled Court. You must "appear" in this case or the other side will win automatically. To "appear" you must file with the court a legal document called a "motion" or "answer." The "motion" or "answer" (or "reply") must be given to the court clerk or administrator within 30 days of the date of first publication specified herein along with the required filing fee. It must be in proper form and have proof of service on the plaintiff's attorney or, if the plaintiff does not have an attorney, proof of service on the plaintiff. If you have any questions, you should see an attorney immediately. If you need help in finding an attorney, you may contact the Oregon State Bar's Lawyer Referral Service online at [www.oregonstatebar.org](http://www.oregonstatebar.org) or by calling [503] 684-3763 (in the Portland metropolitan area) or toll-free elsewhere in Oregon at [800] 452-7636. This summons is issued pursuant to ORCP 7. RCO LEGAL, P.C., Alex Gund, OSB #114067, [agund@rcolegal.com](mailto:agund@rcolegal.com) Attorneys for Plaintiff, 511 SW 10th Ave., Ste. 400, Portland, OR 97205. P. [503] 977-7840. F. [503] 977-7963.

**IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY** In the Matter of the Estate of: JAMES ALLEN MEHRINGER, Deceased. Case No. 50-14-24783 **NOTICE TO INTERESTED PERSONS** NOTICE IS HEREBY GIVE that the undersigned has been appointed personal representative. All persons having claims against the estate are required to present them, with vouchers attached, to the undersigned personal representative at 2444 Sherman Street, SE, Albany, OR 97322, within four months after the date of first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or the lawyers for the personal representative, Robert B. Dugdale,



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Place numbers 1-9 so that each row, column and 3x3 square has each number only once. There is only one solution. Good Luck! Stumped? Visit [www.sudokuplace.com](http://www.sudokuplace.com) for a puzzle solver.

390 West 12th Avenue, Suite 203, Eugene, OR 97401. Dated and first published December 31, 2014. Barbara Mehringer, Personal Representative. Robert B. Dugdale, 390 West 12th Avenue, Suite 203, Eugene, OR 97401. Telephone: 541-687-1718. Facsimile: 541-687-1723. email: dugdaler@aol.com, Attorney for Personal Representative. Personal Representative: Barbara Mehringer, 2444 Sherman Street, SE, Albany, OR 97322. Telephone: 503-363-3493. Attorney for Personal Representative: Robert B. Dugdale, 390 West 12th Avenue, Suite 203, Eugene, OR 97401. Telephone: 541-687-1718. Facsimile: 541-687-1723. email: dugdaler@aol.com

**IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY** Probate Department In the Matter of the Estate of: EARNEST N. WARNER, Deceased. Case No. 50-14-25419 **NOTICE TO INTERESTED PERSONS** NOTICE IS GIVEN that Leora J. Warner has been appointed personal representative of this estate. All persons having claims against the estate are required to present them, with vouchers attached, to the personal representative, c/o Robert Cole Tozer, Attorney at Law, 975 Oak St., Suite 615, Eugene, OR 97401, [541] 345-0795, within four months of the date of first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court and the personal representative. DATED and first published December 24, 2014. Personal Representative /s/ LEORA J. WARNER.

**IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY** Probate Department In the Matter of the Estate of: JUANITA E. HADDER, Deceased. Case No. 50-14-25684 **NOTICE TO INTERESTED PERSONS** NOTICE IS GIVEN that Karen S. Wilde has been appointed personal representative of this estate. All persons having claims against the estate are required to present them, with vouchers attached, to the personal representative c/o Robert Cole Tozer, Attorney at Law, 975 Oak St., Suite 615, Eugene, OR 97401, [541] 345-0795, within four months of the date of first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or the personal representative's attorney, Robert Cole Tozer. DATED and first published December 31, 2014. Personal Representative /s/ KAREN S. WILDE.

**IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE** Juvenile Department In the Matter of: CHASE THOMAS BILYEU, A Child. Case No. 11-075J-03 **PUBLISHED SUMMONS TO: DORTHY GOLDIE KEPLER, AKA DORTHY GOLDIE QUESENBERRY** IN THE NAME OF THE STATE OF OREGON: A petition has been filed asking the court to terminate your parental rights to the above-named child for the purpose of placing the child for adoption. **YOU ARE REQUIRED TO PERSONALLY APPEAR BEFORE** the Lane County Juvenile Court at 2727 Martin Luther King Jr. Blvd., Eugene, Oregon 97401, **ON THE 5TH DAY OF FEBRUARY, 2015 AT 1:30 P.M.** to admit or deny the allegations of the petition and to personally appear at any subsequent court-ordered hearing. **YOU MUST APPEAR PERSONALLY IN THE COURTROOM ON THE DATE AND AT THE TIME LISTED ABOVE. AN ATTORNEY MAY NOT ATTEND THE HEARING IN YOUR PLACE. THEREFORE, YOU MUST APPEAR EVEN IF YOUR ATTORNEY ALSO APPEARS.** This summons is published pursuant to the order of the circuit court judge of the above-entitled court, dated December 15, 2014. The order directs that this summons be published once each week for three consecutive weeks, making three publications in all, in a published newspaper of general circulation in Lane County. Date of first publication: December 24, 2014. Date of last publication: January

8, 2015. **NOTICE READ THESE PAPERS CAREFULLY IF YOU DO NOT APPEAR PERSONALLY BEFORE THE COURT OR DO NOT APPEAR AT ANY SUBSEQUENT COURT-ORDERED HEARING,** the court may proceed in your absence without further notice and **TERMINATE YOUR PARENTAL RIGHTS** to the above-named child either **ON THE DATE SPECIFIED IN THIS SUMMONS OR ON A FUTURE DATE**, and may make such orders and take such action as authorized by law. **RIGHTS AND OBLIGATIONS (1) YOU HAVE A RIGHT TO BE REPRESENTED BY AN ATTORNEY IN THIS MATTER.** If you are currently represented by an attorney, **CONTACT YOUR ATTORNEY IMMEDIATELY UPON RECEIVING THIS NOTICE.** Your previous attorney may not be representing you in this matter. **IF YOU CANNOT AFFORD TO HIRE AN ATTORNEY** and you meet the state's financial guidelines, you are entitled to have an attorney appointed for you at state expense. **TO REQUEST APPOINTMENT OF AN ATTORNEY TO REPRESENT YOU AT STATE EXPENSE, YOU MUST IMMEDIATELY CONTACT** the Lane Juvenile Department at 2727 Martin Luther King Jr. Blvd., Eugene, OR 97401, at 541/682-4754, between the hours of 8:00 a.m. and 5:00 p.m. for further information. **IF YOU WISH TO HIRE AN ATTORNEY**, please retain one as soon as possible and have the attorney present at the above hearing. If you need help finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at [503] 684-3763 or toll free in Oregon at [800] 452-7636. **IF YOU ARE REPRESENTED BY AN ATTORNEY, IT IS YOUR RESPONSIBILITY TO MAINTAIN CONTACT WITH YOUR ATTORNEY AND TO KEEP YOUR ATTORNEY ADVISED OF YOUR WHEREABOUTS.** (2) If you contest the petition, the court will schedule a hearing on the allegations of the petition and order you to appear personally and may schedule other hearings related to the petition and order you to appear personally. **IF YOU ARE ORDERED TO APPEAR, YOU MUST APPEAR PERSONALLY IN THE COURTROOM, UNLESS THE COURT HAS GRANTED YOU AN EXCEPTION IN ADVANCE UNDER ORS 419B.918 TO APPEAR BY OTHER MEANS INCLUDING, BUT NOT LIMITED TO, TELEPHONIC OR OTHER ELECTRONIC MEANS. AN ATTORNEY MAY NOT ATTEND THE HEARING(S) IN YOUR PLACE.** PETITIONER'S ATTORNEY Herbert L. Harry, Senior Assistant Attorney General, Department of Justice, 975 Oak Street, Suite 200, Eugene, OR 97401. Phone: [541] 686-7973. ISSUED this 17th day of December, 2014. Issued by: Herbert L. Harry #852285 Senior Assistant Attorney General.

## NOTICE OF SALE OF ABANDONED MANUFACTURED HOME

Sun Communities, Inc., dba Woodland Park Estates, will sell the below-described manufactured home by private sealed bid for the highest offer received. The home has been abandoned. The home, tenant and owner are described below. Bids for cash payment will be accepted until 10:00 am, January 20, 2015. Interested parties may contact Woodland Park Manager at [541] 689-7174 to make arrangements to inspect the home. Bids may be submitted to Woodland Park Manager, 1699 N. Terry St., Eugene, Oregon 97402, for the following home: 1997 Fleetwood, Oregon License #X239837, Home ID #285813, manufacturer's serial #ORFLT48AB50698FW13; located at 1699 N. Terry St., #325, Eugene, Oregon; owner/tenant: Daniel Rowe and Ladawn Rowe.

## NOTICE TO INTERESTED PERSONS

In the Matter of the Estate of ALICE MAY KEENAN, Deceased, in the Circuit Court of the State of Oregon for Lane County, Probate Case No. 50-14-25160, Cindy A. Talbott has been appointed Personal Representative. All persons having claims against the Estate are required to present them, with vouchers attached, to the Personal Representative c/o her attorney K. Joseph Trudeau at the address set forth below, within four months after the date of first publication of this Notice, or the claims

may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the Court, the Personal Representative, or her attorney, K. Joseph Trudeau, Trudeau Law Offices, P.C., 180 West Sixth Ave., P.O. Box 428, Junction City, Oregon 97448, telephone 541-998-2378. Date of first publication: December 24, 2014.

## TRUSTEE'S NOTICE OF SALE

Reference is made to that certain trust deed made by RICHARD LINUS FINCH, married person and SANDRA KAY FINCH, a married person as grantor, to Fidelity National Title Ins Co, as trustee, in favor of Fargo Bank, N.A. as beneficiary, dated June 3, 2013, recorded June 10, 2013, in the mortgage records of Lane County, Oregon, as Document No. 2013-030807, covering the following described real property situated in said county and state, to wit: LOT 26, BLOCK 1, SOUZA PARK FIRST ADDITION, AS PLATTED AND RECORDED IN BOOK 69, PAGE 38, LANE COUNTY OREGON PLAT RECORDS, LANE COUNTY, OREGON. PROPERTY ADDRESS: 4506 SOUZA STREET, Eugene, OR 97402 There is a default by the grantor or other person owing an obligation or by their successor in interest, the performance of which is secured by said trust deed, or by their successor in interest, with respect to provisions therein which authorize sale in the event of default of such provision. The default for which foreclosure is made is grantors' failure to pay when due the following sums: monthly payments of \$791.47 beginning September 1, 2013; monthly payments of \$835.76 beginning March 1, 2014; together with title expense, costs, trustee's fees and attorney's fees incurred herein by reason of said default; any further sums advanced by the beneficiary for the protection of the above described real property and its interest therein; and prepayment penalties/premiums, if applicable. By reason of said default, the beneficiary has declared all sums owing on the obligation secured by said trust deed immediately due and payable, said sums being the following, to wit: \$119,182.69 with interest thereon at the rate of 3.87500 percent per annum beginning August 1, 2013; plus advances of \$3,313.59; together with title expense, costs, trustee's fees and attorney's fees incurred herein by reason of said default; any further sums advanced by the beneficiary for the protection of the above described property and its interest therein; and prepayment penalties/premiums, if applicable. **WHEREFORE**, notice is hereby given that the undersigned trustee will on **MARCH 27, 2015, AT THE HOUR OF 11:00 AM**, in accord with the standard of time established by ORS 182.110, at Lane County Courthouse Front Entrance, 125 East 8th Ave, Eugene, OR 97401, in the City of Eugene, County of Lane, State of Oregon, sell at public auction to the highest bidder for cash the interest in the real property described above, which the grantor had or had power to convey at the time of the execution by grantor of the trust deed together with any interest which the grantor or grantor's successors in interest acquired after the execution of the trust deed, to satisfy the foregoing obligations thereby secured and the costs and expenses of the sale, including reasonable charges by the trustee. Notice is further given that any person named in ORS 86.778 has the right, at any time that is not later than five days before the date last set for the sale, to have this foreclosure proceeding dismissed and the trust deed reinstated by payment to the beneficiary of the entire amount then due [other than such portion of the principle as would not then be due had no default occurred] and by curing any other default complained of herein that is capable of being cured by tendering the performance required under the obligation or trust deed, and in addition to paying those sums or tendering the performance necessary to cure the default, by paying all costs and expenses actually incurred in enforcing the obligation and trust deed, together with trustee and attorney fees not exceeding the amounts provided by ORS 86.778. **WITHOUT LIMITING THE TRUSTEE'S DISCLAIMER OF REPRESENTATIONS OR WARRANTIES, OREGON LAW REQUIRES THE TRUSTEE TO STATE IN THIS NOTICE THAT SOME RESIDENTIAL PROPERTY SOLD AT A TRUSTEE'S SALE MAY HAVE BEEN USED IN MANUFACTURING METHAMPHETAMINES, THE CHEMICAL COMPONENTS OF WHICH ARE KNOWN TO BE TOXIC. PROSPECTIVE PURCHASERS OF RESIDENTIAL PROPERTY SHOULD BE AWARE OF THIS POTENTIAL DANGER BEFORE DECIDING TO PLACE A BID FOR THIS PROPERTY AT THE TRUSTEE'S SALE.** In construing this notice, the singular includes the plural, the word "grantor" includes any successor in interest to the grantor as well as any other person owing an obligation, the performance of which is secured by the trust deed, and the words "trustee" and "beneficiary" include their respective successors in interest, if any. Robinson Tait, P.S., 710 Second Ave, Suite 710, Seattle, WA 98104. Date of first publication: December 18, 2014. Date of last publication: January 8, 2015.



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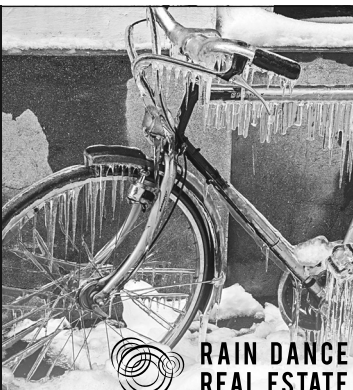


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# FREE WILL ASTROLOGY

BY ROB BREZNY

**ARIES** (March 21-April 19): In his novel *Breakfast of Champions*, Kurt Vonnegut describes a character, Ned Lingamon, who "had a penis eight hundred miles long and two hundred and ten miles in diameter, but practically all of it was in the fourth dimension." If there is any part of you that metaphorically resembles Lingamon, Aries, the coming months will be a favorable time to fix the problem. You finally have sufficient power and wisdom and feistiness to start expressing your latent capacities in practical ways .... to manifest your hidden beauty in a tangible form ... to bring your purely fourth-dimensional aspects all the way into the third dimension.

**TAURUS** (April 20-May 20): Novelist E. L. Doctorow says that the art of writing "is like driving at night in the fog. You can only see as far as your headlights, but you can make the whole trip that way." This realistic yet hopeful assessment is true of many challenges, not just writing. The big picture of what you're trying to accomplish is often obscure. You wish you had the comfort of knowing exactly what you're doing every step of the way, but it seems that all you're allowed to know is the next step. Every now and then, however, you are blessed with an exception to the rule. Suddenly you get a glimpse of the whole story you're embedded in. It's like you're standing on a mountaintop drinking in the vast view of what lies behind you and before you. I suspect that this is one of those times for you, Taurus.

**GEMINI** (May 21-June 20): Most people have numerous items in their closet that they never wear. Is that true for you? Why? Do you think you will eventually come to like them again, even though you don't now? Are you hoping that by keeping them around you can avoid feeling remorse about having wasted money? Do you fantasize that the uncool stuff will come back into fashion? In accordance with the astrological omens, Gemini, I invite you to stage an all-out purge. Admit the truth to yourself about what clothes no longer work for you, and get rid of them. While you're at it, why not carry out a similar cleanup in other areas of your life?

**CANCER** (June 21-July 22): "Nothing was ever created by two men," wrote John Steinbeck in his novel *East of Eden*. "There are no good collaborations, whether in music, in art, in poetry, in mathematics, in philosophy. Once the miracle of creation has taken place, the group can build and extend it, but the group never invents anything. The preciousness lies in the lonely mind of a man." In my view, this statement is delusional nonsense. And it's especially inapt for you in the coming weeks. In fact, the only success that will have any lasting impact will be the kind that you instigate in tandem with an ally or allies you respect.

**LEO** (July 23-Aug. 22): I live in Northern California, where an extended drought led to water-rationing for much of 2014. But in December, a series of downpours arrived to replenish the parched landscape. Now bursts of white wildflowers have erupted along my favorite hiking trails. They're called shepherd's purse. Herbalists say this useful weed can be made into an ointment that eases pain and heals wounds. I'd like to give you a metaphorical version of this good stuff. You could use some support in alleviating the psychic aches and pangs you're feeling. Any ideas about how to get it? Brainstorm. Ask questions. Seek help.

**VIRGO** (Aug. 23-Sept. 22): Actress Uzo Aduba's formal first name is Uzoamaka. She tells the story about how she wanted to change it when she was a kid. One day she came home and said, "Mommy, can you call me Zoe?" Her mother asked her why, and she said, "Because no one can say Uzoamaka." Mom was quick to respond: "If they can learn to say Tchaikovsky, Dostoevsky, and Michelangelo, they can learn to say Uzoamaka." The moral of the story, as far as you're concerned: This is no time to suppress your quirks and idiosyncrasies. That's rarely a good idea, but especially now. Say NO to making yourself more generic.

**LIBRA** (Sept. 23-Oct. 22): Doug Von Koss leads groups of people in sing-alongs. You don't have to be an accomplished vocalist to be part of his events, nor is it crucial that you know the lyrics and melodies to a large repertoire of songs. He strives to foster a "perfection-free zone." I encourage you to dwell in the midst of your own personal perfection-free zone everywhere you go this week, Libra. You need a break from the pressure to be smooth, sleek, and savvy. You have a poetic license to be innocent, loose, and a bit messy. At least temporarily, allow yourself the deep pleasure of ignoring everyone's expectations and demands.

**SCORPIO** (Oct. 23-Nov. 21): "I dream of lost vocabularies that might express some of what we no longer can," wrote Jack Gilbert in his poem "The Forgotten Dialects of the Heart." Judging from the current astrological omens, I'd say that you are close to accessing some of those lost vocabularies. You're more eloquent than usual. You have an enhanced power to find the right words to describe mysterious feelings and subtle thoughts. As a result of your expanded facility with language, you may be able to grasp truths that have been out of reach before now.

**SAGITTARIUS** (Nov. 22-Dec. 21): "If you have built castles in the air," said philosopher Henry David Thoreau, "your work need not be lost; that is where they should be. Now put the foundations under them." That may seem like a backward way to approach the building process: erecting the top of the structure first, and later the bottom. But I think this approach is more likely to work for you than it is for any other sign of the zodiac. And now is an excellent time to attend to such a task.

**CAPRICORN** (Dec. 22-Jan. 19): Songwriter RB Morris wrote a fanciful poem in which he imagines a smart mockingbird hearing rock and roll music for the first time. "When Mockingbird first heard rock / He cocked his head and crapped / What in the hell is that? / It sounded like a train wreck / Someone was screaming / Someone's banging on garbage cans." Despite his initial alienation, Mockingbird couldn't drag himself away. He stayed to listen. Soon he was spellbound. "His blood pounded and rolled." Next thing you know, Mockingbird and his friends are making raucous music themselves — "all for the love of that joyful noise." I foresee a comparable progression for you in the coming weeks, Capricorn. What initially disturbs you may ultimately excite you — maybe even fulfill you.

**AQUARIUS** (Jan. 20-Feb. 18): Do you recall the opening scene of Lewis Carroll's story *Alice's Adventures in Wonderland*? Alice is sitting outside on a hot day, feeling bored, when a White Rabbit scurries by. He's wearing a coat and consulting a watch as he talks to himself. She follows him, even when he jumps into a hole in the ground. Her descent takes a long time. On the way down, she passes cupboards and bookshelves and other odd sights. Not once does she feel fear. Instead, she makes careful observations and thinks reasonably about her unexpected trip. Finally she lands safely. As you do your personal equivalent of falling down the rabbit hole, Aquarius, be as poised and calm as Alice. Think of it as an adventure, not a crisis, and an adventure it will be.

**PISCES** (Feb. 19-March 20): You are positively oceanic these days. You are vast and deep, restless and boundless, unruly and unstoppable. As much as it's possible for a human being to be, you are ageless and fantastical. I wouldn't be surprised if you could communicate telepathically and remember your past lives and observe the invisible world in great detail. I'm tempted to think of you as omnidirectional and omniscient, as well as polyrhythmic and polymorphously perverse. Dream big, you crazy wise dreamer.

**HOMEWORK:** Write a summary of the great task you plan to accomplish in 2015. Tell me about it at Truth-rooster@gmail.com.

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## RED MEAT

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Honey, I'm going to make some dinner for myself. Where do you keep the cooking oil?

It's under the sink, Ted. Why don't you let me come down and make it for you?

Not a chance, Babe. Those clam tamales you made last night are still twisting in my gut. I'm afraid I'll have to keep you locked in the attic for a couple more days, just to be safe.

Hey, Dad...are you letting me out of the basement then, too?

Quiet down, Son.

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### I SAW YOU

#### BO

will you be my country hunk? Lasso me and take me home. You know where to find me

### CREEPER

Yeah, I noticed you following me at Fred Meyer. You tried to make eye contact, I was trying to obviously be uninterested. Following people makes them feel extra creeped out—just fyi

### DUCK FEVER

Can't wait to watch you guys BRING IT on the 12th. What an incredible team and season! GO DUCKS!

### GET BACK HERE ALL READY

You're off on your adventures, exploring the other side of the globe, walking upside-down, seeing the sun at night. Come shine your light in this little corner—missing you tons

### LOLA

We had an engaging conversation on your friend's couch. Listened to the Kinks. I'd love to continue where we left off. A river stroll? Coffee?

### TOASTER FRIED

Like breaded fish on your nightmare hot plate. Let me slither back into my tepid pool of indifference. You've got your hooks in deep but I'm gonna cut the line.

### WAITING FOR YOUR FRIEND

at Domo, last Monday night. I couldn't stop looking at you. Don't think you noticed me but you're gorgeous and I think we'd enjoy each other's company. You had on a red coat

## EXPOSURE

a photo sharing space

by @kaynani

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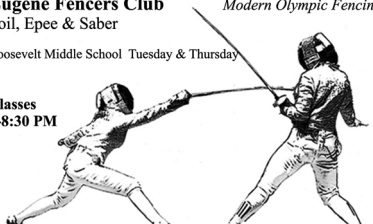
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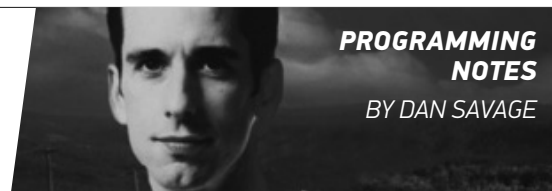
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# SAVAGE LOVE

**PROGRAMMING NOTES**  
 BY DAN SAVAGE



*I have been wearing bras and panties with stockings for so long now, it's become a part of me, and I was wondering if you have heard of this before.*

Sent From Samsung Mobile

People wearing bras and panties and stockings—that is something I've heard of before. A quick programming note: Some weeks, half the questions I get are longer than the column itself. I can jam 1,250 words into this space, provided I avoid using longer words when shorter ones are available—e.g., “gay” has one syllable, “homosexual” has five; “asshole” has two syllables, “former Arkansas governor Mike Huckabee” has twelve. Suffice it to say, very long letters rarely make it in. So while I usually appreciate letter writers who get to the point—the more succinct the question, the better the chances it will make it into the column—it's possible to be too brief. Such is the case with your letter, SFSM, which is reproduced here in its entirety. I know what kind of phone you have, but it would be more helpful to know if you are male or female or SOPATGS.\* I'm guessing you're a dude, otherwise you probably wouldn't feel conflicted about wearing bras, panties, and stockings. So despite what I've learned lurking on Tumblr—never make assumptions about other people's gender identities, we are never going to run out of porn—I'm going to run with the “dude” assumption. Anyway, SFSM, men who wear bras, panties, and stockings—I have heard of that before, yes. Bras, panties, and stockings are things that some men enjoy. But I once got pulled aside at a party by a butch dyke who confided in me that she likes to wear lacy/girly bras and panties under her Carhartt pants and flannel shirts. She too wanted to know if I had ever heard of someone like her before—a woman who essentially cross-dressed by wearing women's underwear—and I had to tell her that I hadn't. But that butch dyke enjoys wearing bras, panties, and stockings for the exact same reason you and many other straight guys do: the frisson of transgression, the thrill of having a sexy secret, the reveal to a new partner. She didn't seem particularly conflicted about her non-butch-dyke-normative tastes—heck, she seemed rather pleased with herself. You should consider her a role model, SFSM, and follow her example.

*I'm a (mostly) straight male and I've been dating the same woman for more than a year. It's easily the best relationship I've been in. We get along great and rarely fight, and the sex has been great. But there were a few incidents recently when in the heat of the moment she asked me to tell her what I wanted to do and I froze. I didn't know what she expected me to say or do. These incidents ended in an argument. She views this as a sign that I'm not attracted to her or I don't have a strong libido. Both are untrue. I don't have strong preferences about sexual activities. I just enjoy it. Whether it's going down on her, having her go down on me, doing a bit of role-play, intercourse in pretty much any position—whatever we're doing, I'm enjoying myself. If there is something specific she wants, all she needs to do is ask. But when she asks me to take control in the bedroom or to describe my fantasies to her, I either stare blankly at her or choose something at random, achingly unsure of whether or not I made the right choice. This has always been the way my brain works. When I masturbate, I just think about having sex, not about anything specific. When I look at porn, I am far more interested in how attracted I am to the woman involved than I am in what is going on. If you could give me some ideas for how I can make myself less boring in the sack, I would love to hear it.*

Mister Milquetoast Missionary

You know that thing you sometimes do when your girlfriend asks in the heat of the moment what you wanna do? I don't mean stare at her blankly—that's the wrong thing to do—I mean choosing something at random. Do that thing every time. Randomly pick something from your established repertoire and tell her you wanna do that thing right now. Then do it, MMM, provided she indicates that she wants to do it too. If she indicates her desire to do it verbally, then you can get right down to it, i.e., you can be a bit aggressive. If her signal is physical or nonverbal, then you should ease into that random selection much more gradually, so she can redirect and/or ask you to choose again if that particular random selection doesn't work for her.

*I'm a mid-40s gay man in a LTR with a man I love very much. The problem is that, due to ongoing GI problems, I'm unable to bottom. At heart, I'm a total bottom, and the handful of times when I've been physically capable of bottoming (before my illness became so severe), I've loved it way more than any other sexual act. My husband is 50/50 versatile, and we have an open relationship, so he gets what he wants from me and from others. But sometimes it's frustrating for me to see him bottoming for another guy when I'm unable to. When a hot guy wants to fuck me, I have to decline every time. I just tell our fuck buds that I'm a total top, because it makes things easier. I'm glad that my husband is having great sex, but my health problems leave me sexually unfulfilled. I'm receiving treatment, but I'm still not ever “clean” enough to bottom confidently. I'm not sure that I ever will be. Any advice for me?*

Sadly Unfilled Bottom

Two practical tips: first, female condoms. I realize you're a dude, and I realize that female condoms are more expensive than male condoms, but they're a terrific option for buttfuckees worried about cleanliness. For readers who may be unfamiliar with female condoms: They're a bit larger than regular condoms and they get tucked inside the orifice that's about to be fucked—vagina or butt—and remain in place during sex. A bare dick goes into a female condom clean and comes out “clean.” (Technically, that bare dick comes out covered in lube and semen—but that's the mess people are after, not the mess people worry about. For added safety, the top can wear a male condom.) The female condom is removed after sex, SUB, which you can do alone in the bathroom—that way, if there is a mess, your loving partner/special guest star will never know.

Second option: frottage. It's not bottoming—no penetration—but it's a worthy and pleasurable substitute. Your loving partner/special guest star puts his lubed-up dick between your thighs, right at the top, you close your legs, and he plows away. If you're on your stomach or doing it doggy style, SUB, you can put your lubed-up hands between your legs and cup your partner's cock while he thrusts back and forth. You're not being penetrated, but your taint, the outside of your hole, and your sack are all getting stimulated. Frottage is also a good first step for people who want to experiment with anal play but aren't ready for penetration.

\* Some other point along the gender spectrum.

On the Lovecast, Dan chats with comedian Mike Birbiglia about sleep-eating: [savagelovecast.com](http://savagelovecast.com).

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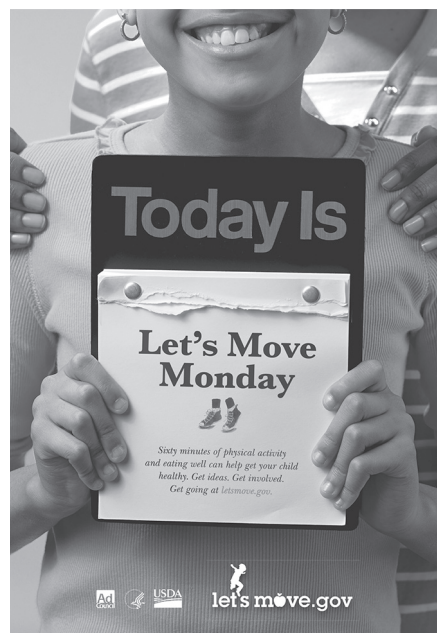
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